

## TRACKING ...

## NEWS



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# The Fort Jackson Leader



Thursday, January 20, 2011

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www.jackson.army.mil

# Fit for a King



Photo by JAMES ARROWOOD, Command photographer

Capt. Michael Herndon, Company A, 2nd Battalion, 60th Infantry Regiment, studies a photo display honoring the work of Martin Luther King Jr. at a luncheon in his memory Jan. 14 at the Solomon Center.

## Post honors legacy of civil rights leader

By CHRIS RASMUSSEN  
Fort Jackson Leader

C.C. Pinckney Elementary School student Victoria Thomas can appreciate Martin Luther King Jr.'s dream for equality among people as much as any adult.

The third grader, who was one of about 500 people in attendance Friday at this year's Fort Jackson MLK celebration, said King's legacy has enabled her to play with whomever she wishes.

"Martin Luther King Jr. gave us freedom. Without that I couldn't play with my friend Shemar," said Victoria Thomas, who is the daughter of Spc. Tony Thomas, 120th Adjutant General Battalion (Reception). "I

wouldn't be happy if Shemar wasn't around. Even though he isn't my skin color, he is a good person to sit by.

"I wish Dr. Martin Luther King was alive because I could say thank you for making this world fair," she said. "I am very excited for MLK Day. It is one of the best holidays."

Sgt. 1st Class Chetoria Jackson, 165th Infantry Brigade equal opportunity officer, began the installation's celebration event for the King holiday event with a few words about the impact he has made for all races.

"Today is a gathering to remember and celebrate a man who left us with a loving memorial and legacy of non-violent service to our community and to our nation," Jackson said. "We've come together, not out of

curiosity but to reflect on the life of a man who paid the ultimate sacrifice so we all might be free, regardless of race, color, religion, gender or national origin."

The event, which was held at the Solomon Center, featured numerous historical displays of words and photos portraying King's life.

"It is important that we keep the legacy of Dr. King alive and educate the Fort Jackson community as well as the surrounding communities," said. Sgt. 1st Class Yolanda Brown, 193rd Infantry Brigade equal opportunity adviser.

Columbia real estate agent Jessie McDonald found out about the event via Fort

See **SWINTON:** Page 7

# Tax Center provides valuable service

I am not sure if it's because of holiday bills rolling in or if it's because of the uncertain economy in general, but there seems to be a greater number of people very eager to get their tax refunds this year.

To accommodate Soldiers and family members seeking to file their returns, the Fort Jackson Installation Tax Center will open Monday at 9 a.m.

The Tax Center is located at 4330 Magruder Ave. The hours of operation are 9 a.m. to 4:30 p.m. Monday through Friday. Most tax filers would agree that regardless if a person anticipates a refund or thinks he or she might owe Uncle Sam some additional money, the filing process itself can be intimidating because of the fear of making mistakes on the returns.

One of the greatest benefits offered in the Fort Jackson community is the Fort Jackson Tax Center, which provides free tax-filing assistance for Soldiers, families and eligible retirees. By taking advantage of the service, you are already saving, because tax preparation is free. In other words, you are guaranteed to save on the preparation and filing fees, which last year averaged around \$130 for a simple return completed by a commercial tax specialist.

In recent years, the tax preparation assistance has saved

**MAJ. GEN.  
JAMES M. MILANO**

*Fort Jackson  
Commanding  
General*



our military community more than \$300,000 in tax preparation fees on average annually and has assisted in the preparation of more than 2,500 returns each year. Again this year, the office also will offer extended hours during the tax season as needed. With a new tax year again upon us, new tax laws and changes could affect how you file your returns.

The Tax Center's staff members can explain any new nuances better than I can, and it is in your best interest to take advantage of this offering. As for the quality of advice and assistance, consider that all preparers receive IRS certification and training.

All told, the service offered at the tax center is such a

huge asset to the military community here, particularly during these tough financial times like we continue to experience. Every dollar that we can save is a dollar earned.

Keep in mind that April 15 is the tax-filing deadline, but this year the due date is April 18 because of a holiday in the District of Columbia. If you already foresee that you might need more time than that, consider that one of a taxpayer's options is to file for an extension. That paperwork can be completed at the tax center in a matter of minutes and allows the Soldier, family member or retiree until Oct. 15 to file.

However, an extension does not relieve or extend one's obligation of paying his or her taxes on time. A couple of important pre-preparation things to remember are:

- You will need to schedule an appointment to have your taxes prepared by calling 751-5829.
- Take supporting documents to the appointment (W-2's, 1099's, other tax documentation, etc.).
- Valid military identification must be presented.

I commend the outstanding, record-setting cumulative effort put forth last tax season by our Soldiers and volunteers who staffed the Tax Center. I am confident that we will see another stellar effort from our team this year.

Army Strong and Victory Starts Here!

## Fort Jackson talks back:

Staff writer Chris Rasmussen asks members of the community: 'What do you plan to do with this year's tax refund?'



**Sgt. 1st Class  
Peter Paquette**  
4th Battlefield  
Coordination Detachment

"I plan to pay some bills and if (the money) comes soon enough I want to use it to buy my wife a birthday gift."



**Chief Warrant Officer 3  
James Crowell**  
4th Battlefield  
Coordination Detachment

"I will probably just save it for a vacation in the future."



**Lt. Col.  
Ted Hart**  
Soldier Support Institute

"I am a debt free kind of guy, so I will probably take care of some debt."



**1st Lt.  
Martin Rodriguez**  
Company E, 1st Battalion,  
13th Infantry Regiment

"I plan on saving it for a vacation this summer to Sandals resort. That is where my wife and I went on our honeymoon and we want to go again."



**Sgt. 1st Class  
Blythe Todd**  
1-178th Field Artillery  
Battalion

"I am just going to catch up on Christmas bills and maybe get a swimming pool."



**Kellyn Sneed**  
AAFES

"I am going to pay off a little debt and hopefully fix my car."

## The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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# UVAs provide support for victims

By KRIS GONZALEZ  
Fort Jackson Leader

The Army has come a long way when it comes to dealing with sexual assault, and it's only going to get better.

That's according to representatives of Fort Jackson's Victim Advocate Program, who guide victims of sexual assault to get the help they need.

"The program is good; it has progressed so much from what it used to be," said Sgt. 1st Class Aurora Santiago-Hildebrand, a unit victim advocate for the 120th Adjutant General Battalion. "Sexual assault wasn't acknowledged before. ... Now that Gen. (George) Casey has taken this issue to heart, I feel confident the (incidents) will be reported more and will occur less often."

Through the VAP, victim advocates support Soldiers and their family members during the medical, investigative and judicial processes that occur once they have reported sexual assaults.

Victim advocates provide emotional support, as well as safe and confidential ways for victims to seek assistance. They inform victims of their rights and of available resources and coordinate services from various military and civilian agencies. They may also act as liaisons between service members and their chains of command.

Santiago-Hildebrand said if the VAP had been in place in the early 1990s, the outcome of her own sexual assault case early in her Army career would likely have been different.

Sixteen years ago, Santiago-Hildebrand was a newly enlisted military police officer at her first duty assignment when she was sexually harassed and sexually assaulted by a senior noncommissioned officer in her unit.

"This was a guy who was supposed to take care of me," Santiago-Hildebrand said. "Instead he stalked me."

After enduring months of abuse, Santiago-Hildebrand made an Equal Opportunity complaint against the NCO. Even armed with 19 explicit letters the NCO had written to her describing what he would like to do to her sexually, Santiago-Hildebrand was rebuked by her superiors for making the claims, and her letters mysteriously disappeared, she said.

"They scolded me and told me I better not talk badly about any senior NCO ever again," Santiago-Hildebrand said. "I wish in 1994 I had a UVA, but I didn't," she said. "If what had happened to me then happened today, and if I had a UVA, that (offender) would have gone to jail; I guarantee you that person would be in jail."

Today, in her role as a UVA, Santiago-Hildebrand said she does everything she can to assist sexual assault victims so they are not



Photo by KRIS GONZALEZ

**Sgt. 1st Class Murphy Terry, serves as unit victim advocate and equal opportunity adviser for the Soldier Support Institute. Fort Jackson has four civilian installation victim advocates and each battalion has two UVAs.**

re-victimized in a similar fashion.

"(Victims) want to know you are going to help them, that you are not going to judge them and you're not going to put them on display," Santiago-Hildebrand said. "They don't want to be ridiculed or shamed. They know I will go to the end the world for them, to give them help."

Fort Jackson has four civilian installation victim advocates, and each battalion on post has two unit victim advocates.

“(Victims) want to know you are going to help them, that you are not going to judge them and you’re not going to put them on display.”

— Sgt. 1st Class  
Aurora Santiago-Hildebrand  
120th Adjutant General Battalion  
(Reception)

Installation victim advocates have educational and professional backgrounds in counseling, education, social work or other related human service fields, and prior experience dealing with sexual assault cases, said Denetra Washington, Fort Jackson's Sexual Assault Response Coordinator, who oversees the program. Unit victim advocates are noncommissioned officers, staff sergeant and above, and officers, first lieutenant and above, appointed at the battalion level who perform VA duties in addition to their regular jobs at their respective units. All VAs receive 40 hours of mandatory sexual assault training.

Sgt. 1st Class Murphy Terry, UVA and equal opportunity adviser for the Soldier Support Institute, said the position is not a,

"Hey, you," job that any Soldier should easily be appointed to.

"It's emotional and it's stressful," Terry said. "I think this job requires a person who is understanding and compassionate; someone that understands that this (victim) has had a significant emotional event that has happened in (his or her) life."

When advocates help victims, they must make the victims priority before all other duties, Terry said, whether that means getting up at 2 a.m. to assist or spending months working with the victim.

"There's no time frame for when (a victim) can get sexually assaulted," Terry said. "If someone gets sexually assaulted at 1 o'clock in the morning and that victim wants you to be there, you need to be with that victim. And some victims may need support and services for several months."

Some UVAs occasionally face added pressures from commanders who want to know more information about their Soldiers' cases than they are allowed to know. For that very reason, Terry gives IVAs much credit for successfully getting victims to report sexual assaults while maintaining their privacy.

Because the chain of command for civilians is organized differently, Terry said, "They don't succumb to command influence."

VAs help victims report sexual assaults in two ways: restricted or unrestricted.

Unrestricted reporting allows sexual

assault victims to get medical treatment, counseling and an official investigation of the crime, and the reports are channeled to the Soldiers' chains of command and to the Criminal Investigation Division.

Restricted reporting allows victims to confidentially disclose the crime to receive medical treatment and counseling without getting their units or law enforcement involved.

"The big difference is the victim is still being taken care of, but the offender is not being held accountable," Terry said.

Santiago-Hildebrand agreed.

"When you report restricted, you're allowing offenders to continue to do what they have done," she said. "You're giving them the freedom to continue in their ill behavior. You can't put an end to something if you don't start somewhere."

Offenders who are found guilty of sexual assault can receive punishment under the Uniform Code of Military Justice ranging from one year for wrongful sexual contact all the way up to life in prison or death for rape. And founded or unfounded, an unrestricted report of sexual assault lingers in a Soldier's records for 40 years.

For more information, call the Installation Victim Advocate or the Sexual Assault Response Coordinator at 429-4870. To report a sexual assault, call the 24-hour crisis hotline at 1-800-491-RAPE.

Kris.Gonzalez1@us.army.mil

## Housing Happenings

### COMMUNITY UPDATES

- ❑ The single Soldier town hall meeting originally scheduled for Jan. 26 has been re-scheduled for 5:30 p.m., Feb. 2 at the Single Soldier Complex.
- ❑ Glass recycling containers will be put up in the housing area Feb. 7. The containers will be placed on Pershing Road in Mabry Manors and at the corner of Moses and Carter roads in Pierce Terrace 7. Additional containers will be placed in other areas of housing by the end of February.
- ❑ Balfour Beatty is now accepting geographical bachelors for on-post housing. Call 738-8275 for more information.
- ❑ Refer a friend to move on post and you can receive \$250. Call 787-8275 for more information.
- ❑ Energy-saving tip: During the winter, keep the draperies and blinds on the south side of your home open throughout the day to allow the sunlight to enter. Close drapes and blinds at night to reduce the chill you may feel as the sun sets.
- ❑ Balfour Beatty is on Facebook. Search for Fort Jackson Family Housing, then "like" us to stay up-to-date on housing happenings.
- ❑ The Mayoral Council is seeking mayors for the Fort Jackson housing community. Being a part of the council allows participants to be a voice in the community and provide ideas and suggestions to improve Fort Jackson's quality of life. Child care is provided while mayoral duties are being performed. Call Vickie Grier at 751-7567 for more information.

### COMMUNITY UPDATES

- ❑ To date, 239 homes have been completed.
- ❑ To date, 321 units have been demolished in the Phase II area for junior noncommissioned officers.

# Tax center opens Monday

By CAPT. HERBERT BUNTON III  
Fort Jackson Tax Center

The 2011 tax season is upon us and this year, because of a Washington holiday, taxpayers have until April 18 to file their taxes. Fort Jackson's Tax Center will open Monday to assist Soldiers, family members, and eligible retirees with their tax filing. There is no fee for using the Fort Jackson Tax Center.

The Fort Jackson Tax Center will be located at Building 4330 on Magruder Avenue. The operating hours for the Fort Jackson Tax Center will be 9 a.m. to 4:30 p.m., Monday through Friday. Extended hours may be offered as needed. The Fort Jackson Tax Center is organized and certified by the Internal Revenue Service as a VITA (Volunteer Income Tax Assistance) Center. The staff is certified and trained by the IRS in filing taxes.

To help expedite the process, tax filers need to bring all supporting documents to their tax appointment. To accurately and completely file your taxes, you need to bring all your W-2 statements, any 1099 statements, and any other tax documentation necessary to support your return. If you do not bring all necessary documents, the staff at the Fort Jackson Tax Center will not be able to file your taxes.

If you are considering or planning to itemize deductions on your 2010 tax return, please be advised that the IRS has not finalized the forms necessary to do so. The IRS has stated the forms for itemized deductions should be available sometime in mid-to late February. Keep this in mind, because no tax preparer can assist taxpayers



Leader file photo

**Trained volunteers assist eligible patrons in preparing and filing their taxes. The Tax Center, located at 4330 Magruder Ave., will open Monday.**

in itemizing deductions on a tax return until then.

If your combined household income is more than \$100,000, if you need to file prior year tax returns or have other advanced tax issues, the Fort Jackson Tax Center may not be able to assist you. Please check with the Fort Jackson Tax Center to see if the staff can help you with your taxes if you fall into these categories. Advanced tax issues can be beyond the scope of any VITA center, including the Fort Jackson Tax Center.

A valid military identification card and all supporting tax documents must be presented when you come for an appointment at the Tax Center. The Fort

Jackson Tax Center will not be able to assist customers without these items. Also be aware that you will need to have the supporting documentation to support the information to be entered on the tax return. The staff members at the Fort Jackson Tax Center are there to help you, but they cannot fill in information on a tax return without supporting documentation.

Before paying fees of \$60 or more to a tax filing service, please see if the Fort Jackson Tax Center can assist. A visit to the Tax Center will save tax preparation fees and the center will electronically file taxes directly to the IRS. Call 751-JTAX for your appointment.

## TSP option for long-term retirement savings

As consumers plan for their financial futures, it is important that they have written financial plans for both short- and long-term financial goals. The financial professionals at Army Community Services recommend that your goals be SMART — specific, measurable, achievable, realistic and within a timeline.

Generic goals like, "I will save more money this year," are often meaningless. The challenge is to make specific goals. The more specific the goal, the better the chances a person has of achieving that goal. For example, "I will stop spending \$4 per day at Starbucks in the mornings and save \$80 per month"

For short-term savings, consider U.S. Savings Bonds, which can be purchased by automatic monthly payroll deductions. This is an out of sight, out of mind way to save for homes, education, automobiles, or vacations without penalties for early cash out.

For long-term planning, such as for retirement, consider investing in the Thrift Savings Plan.

The Thrift Savings Plan is a long-term retirement savings and investment plan sponsored by the federal government. Though both civilians and service members may contribute to the TSP, only civilian employees receive matching contributions from their respective agencies.

The TSP offers the same type of savings and tax benefits that many private sector companies offer their employees

### FINANCIAL ADVICE

By MARTHA PHILLIPS

and SHERRY WRIGHT

Army Community Services

under 401(k) plans. Participants make plan contributions with pre-tax earnings. Payment of federal income taxes is deferred until contributions and earnings are withdrawn from one's TSP account.

The retirement income that a person receives from his or her TSP account will depend on how much has been contributed to the account during that person's working years and the earnings on those contributions. And it is important to remember the TSP is intended for long-term retirement savings. There are considerable penalties and tax consequences for early withdrawals. Participating in TSP can significantly increase retirement income, but the key is to start making contributions early. Contributing early allows the money in the TSP account more time to increase in value through the compounding of earnings.

The first contribution to the TSP establishes an individual's account. Most civilian employees hired after July 31, 2010 are automatically enrolled in TSP. The easiest way for a service member to begin TSP contributions is to access his

or her myPay account at <https://mypay.dfas.mil> and make a contribution election. Contributions are made in the form of a percentage of pre-tax income. If your service does not use an electronic system like myPay, Form TSP-U-1 can be completed and returned to begin TSP participation.

There are annual limits to employee TSP contributions made with before-tax (tax-deferred) dollars. These "elective deferral limits" are established by the IRS and change annually. The IRS elective deferral limit for 2011 is \$16,500, the same as for 2010.

A new option will soon be available for TSP participants. Beginning this year, the TSP will begin to offer a Roth 401(k) feature. This new Roth 401(k) feature combines the benefits of TSP retirement savings with the after-tax benefits of a Roth savings plan. Instead of the traditional TSP tax-deferred savings (an upfront tax deduction), a person can withdraw Roth contributions and associated earnings in retirement without having to pay federal income taxes — as long as he or she has reached age 59 1/2 and has been making Roth contributions for a minimum of five years.

According to the Federal Retirement Thrift Investment Board, the TSP Roth 401(k) feature will take between 18 to 24 months to implement.

For more information on the TSP, visit [www.tsp.gov](http://www.tsp.gov) or contact the Army Community Service Financial Readiness program at 751-5256.

# Post work order requests go online

By **CHRIS RASMUSSEN**  
Fort Jackson Leader

The heat in your building has gone out, and each time you try to call the Directorate of Public Works, you get a busy signal.

Well, no more. DPW introduced last week a quicker and more efficient way to submit maintenance and service work orders online.

“We were hearing from our customers that the phone lines were busy a lot of the time,” said Eric Cope, Directorate of Public Works, Business Division chief. “And that isn’t good customer service.”

Non-emergency service orders can now be placed by visiting the DPW website at [www.jackson.army.mil/sites/garrison/pages/569](http://www.jackson.army.mil/sites/garrison/pages/569).

“Submitting work orders online also provides a record that there was a submission,” Cope said. “It also provides a standardization that ensures we have all the information we need.”

Non-emergency work orders include routine facility repair and maintenance items, as well as washer and dryer repair, pest extermination and maintenance of chemical toilets.

“The old way of submitting work orders was to pick up the phone and say my toilet is clogged. The problem is that we only had two people to answer the phone, and if that line was busy, you just waited,” Cope said.

First Lt. Michael Plouffe, Company D,



FORT JACKSON DIRECTORATE OF PUBLIC WORKS

**SERVICE ORDER REQUEST FORM**

THIS FORM IS *NOT* FOR EMERGENCIES!  
FOR EMERGENCIES, CALL: JOB-EMER (562-3637)

Complete all fields for each service order request.



---

SO Number To be filled in by DPW

Customer

Building Number

Floor

Room Number / Exact Location

POC Name

POC Office Phone

POC Mobile No.

Nature of Problem

Short Description of Problem

**Detailed Description of Problem:**

Reply to Email

Submit

MACROS MUST BE ENABLED\*

---

**THIS FORM IS *NOT* FOR EMERGENCIES!**

FOR EMERGENCIES, CALL: JOB-EMER (562-3637)

[CLICK HERE TO DOWNLOAD DETAILED INSTRUCTIONS](#)

FOR ASSISTANCE WITH THIS FORM, CALL: 751-7733

ver. 1.1

DPW screenshot

**The Directorate of Public Works has introduced an online system for submitting non-emergency maintenance or repair service orders. Visit [www.jackson.army.mil/site/garrison/pages/569](http://www.jackson.army.mil/site/garrison/pages/569) to submit a work order.**

2nd Battalion, 13th Infantry Regiment, used the online system recently to report two sets of broken washers and dryers.

“It was as easy as it can get,” Plouffe said. “It was much better than having to call in and wait.”

In order to submit DPW work orders online, users must have access to Sharepoint on their computers.

“We tried very hard to make this simple, but people have to read the instructions,” Cope said. “It’s not hard and it is spelled out, but you have to read the instructions.”

A full list of detailed instructions, including illustrations, is found on the DPW website.

For emergency work orders, DPW has created a new phone number — JOB-

EMER or 562-3637. Emergency work orders include gas, oil or steam leaks; flooding in a building; no hot water in a medical or dining facility; loss of heat in cold weather; sewage backing up; downed power lines and electrical problems that pose a risk.

“JOB-EMER is a branding technique for people to remember in case of an emergency. It has a 562 prefix, which is a new prefix on Fort Jackson and we were one of the first to get it,” Cope said. “We think of our JOB-EMER line as the DPW equivalent of 911. That means we are not going to wake someone up in the middle of the night over a broken washing machine.”

Emergency work orders receive a response within one hour. Non-emergency work orders are broken down into two categories: routine and urgent. DPW customers can expect up to a five-day wait for urgent requests and 30 days for routine requests.

The current service order phone line, 751-7684, is still available during normal business hours to accept non-emergency requests.

“We hope that people will exclusively use our online method instead of calling in. Calling in doesn’t help to get work done faster,” Cope said. “We still have a limited number of tradesmen to do the work.”

DPW responds to about 2,000 non-emergency work orders monthly and roughly 100 emergency work orders each month.

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## Big winner



Photos by Chris Rasmussen

Above, Spc. Vonnita Buckner, MEDDAC, accepts a key from Col. James Love, garrison commander, on behalf of her husband, Spc. Marcello Buckner, who won a 2010 Jeep in an AAFES giveaway while deployed to Iraq. Also pictured are, from left, Don Sydlik, Fort Jackson AAFES general manager; Garrison Command Sgt. Maj. Christopher Culbertson; Tom Branning, AAFES Restaurant and Hospitality vice president; and Sgt. Sylvester Buckner, 4th Battalion, 10th Infantry Regiment, who is Marcello Buckner’s brother. At right, Spc. Vonnita Buckner sits behind the wheel of her new Jeep outside the Main Exchange.



# Swinton reminds attendees of progress made, needed

Continued from Page 1

Jackson's Equal Opportunity Office.

"I try to celebrate Dr. Martin Luther King's birthday every year," McDonald said. "I was excited to find out about Fort Jackson's celebration. I like to attend events across the Midlands community to keep his dream alive.

Following a powerful and emotional rendition of King's "I have a Dream" speech by Sgt. David Tucker, 171st Infantry Brigade, the event's guest speaker took to the podium.

David Swinton, president of Benedict College in Columbia, said that he believes King's dreams have mostly been fulfilled in this country.

"Nobody would tell you that they wouldn't hire negroes today. That is a huge change," he said. "There are significant opportunities for blacks that didn't exist 50 years ago. If you don't think there has been significant progress then you didn't live 50 years ago."

Still, Swinton said, there is more to be done to fully realize King's dream.

"Perhaps the reaction to the election of President (Barack) Obama is a sign," he said. "We still have that inequality gap between the haves and have-nots."

Swinton also pointed out the Army as a leader in providing equal opportunities.

"The Army has always been on the cutting edge of progress," he said. "One can visibly see in the military the advantage of tapping into everyone."

King, who was born Jan. 15, 1929, and assassinated April 4, 1968, was a clergyman, activist and prominent leader in the civil rights movement. King's birthday was established as a federal holiday in 1986.

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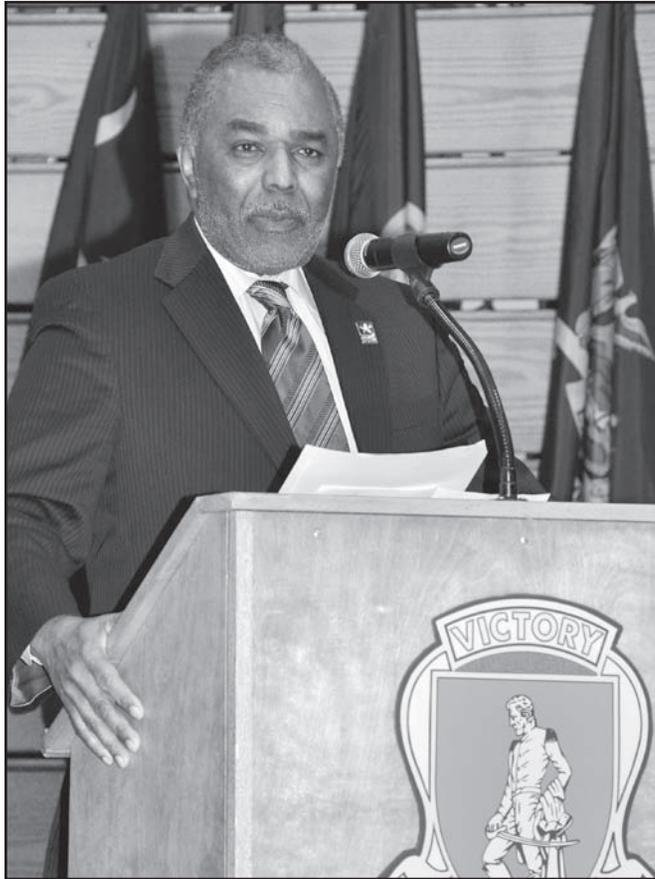


Photo by JAMES ARROWOOD, Command photographer

**David Swinton, president of Benedict College, addresses the crowd during the post's Martin Luther King Jr. Day luncheon Jan. 14 at the Solomon Center.**

## NEC Signals

In accordance with AR 25-2 and the Information Assurance Training and Certification Version 4.0 Best Business Practice, personnel (regardless of job series or military specialty) who are categorized as "IA Workforce" are required to obtain information technology "baseline" and "computing environment" certification within six months of employment or assignment in the performance of IA duties.

Personnel in this category support Fort Jackson units/tenants by performing IA-privileged user or management functions, which require an elevated

privileged account. Personnel categorized as IA Workforce shall be appropriately "baseline" and "CE" certified as outlined in DoD 8570.01-M.

"CE" Waiver Approval Process:

1. There is no waiver for "baseline" certifications.
2. Fort Jackson units/tenants requiring IA Workforce certifications must submit a waiver memorandum through the U.S. Army Signal Network Enterprise Center for "CE" certification of IA Workforce personnel who have successfully attained "baseline" certification. A detailed justification must be included in addi-

tion to a plan of action and milestones for achieving certification, such as dates, classes, names, etc., as part of POA&M. Waiver memorandums for units/tenants will be signed by an O6 or director equivalent (GS-15) or higher level official.

3. NEC will validate all "CE" certification request for units/tenants personnel operating on the Fort Jackson network for submission, consideration and approval by the designated accrediting authority.

The point of contact is Jennifer Phifer at 751-2942 or [Jennifer.Phifer@us.army.mil](mailto:Jennifer.Phifer@us.army.mil).

facebook

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## News and Notes

### SHWEDO APPOINTED TO STATE POST

Newly sworn-in South Carolina Gov. Nikki Haley announced Friday that Col. Kevin Shwedo, former post deputy commanding officer, has been appointed to head up the S.C. Department of Motor Vehicles. Shwedo, a 32-year Army veteran, retires this month.



SHWEDO

### ACTORS SOUGHT FOR DINNER COMEDY

Twenty actors are needed for Murder 101, a comedy murder mystery sponsored by Family and Morale, Welfare and Recreation. No experience is necessary, and there are no lines to remember. Actors must attend evening workshops Feb. 28 through March 3 to prepare for the March 4 performance. Training and costumes are provided. Those interested should contact Chuck Stoudemire by Feb. 4 at 751-0891.

### HOMES FORTROOPS SEEK VOLUNTEERS

Three hundred volunteers are being sought for a Homes for our Troops build scheduled for Feb. 11-13. The home is for a local injured Iraq veteran. Volunteers are needed to assist with small labor tasks. The minimum age for volunteers is 13. The deadline for volunteer sign up is Feb. 4. Call 751-1148 or 751-4155 for more information.



**Jan. 21 — 4 p.m.**  
The Last Airbender

PG

**Jan. 21 — 7 p.m.**  
Tron: Legacy

PG

**Jan. 22 — 6 p.m.**  
The Tourist

PG-13

**Jan. 23 — 6 p.m.**  
Tron: Legacy

PG

**Jan. 26 — 2 p.m.**  
The Tourist

PG-13

**Jan. 26 — 6 p.m.**  
Tron: Legacy

PG

**Jan. 27 — 7 p.m.**  
The Tourist

PG-13

**Jan. 28 — 4 p.m.**  
Megaminds

PG

**Jan. 28 — 7 p.m.**  
Little Fockers

PG-13

### Ticket admission

Adults: \$4.50

Children (12 and younger): \$2.25

Visit [www.aafes.com](http://www.aafes.com) for listings or call (803) 751-7488.

# Soldier intervenes in suicide attempt

By **SUSANNE KAPPLER**

Fort Jackson Leader

Only about one week into Basic Combat Training, Pvt. Brian Serna, Company F, 1st Battalion, 34th Infantry Regiment, found himself in a life-or-death situation.

When the 19-year-old woke up in the middle of the night to use the bathroom, he walked in on something unexpected.

“I see one of my fellow privates, one of my battle buddies, (standing) against the wall,” Serna said. “He was standing kind of weird, and I didn’t really pay attention. As soon as I walked into the stall and closed it, he told me, ‘Thank God you walked in. I was about to commit suicide.’”

Serna took quick action by jumping on the Soldier and taking away his shoestrings and belt, which the Soldier had tied together to create a rope. He then called out for help and stayed with the Soldier until drill sergeants and emergency responders arrived.

“That was a big adrenaline rush. I was very nervous,” Serna said. “It took me by surprise. The whole week (after) it was on my mind, thinking, ‘What would’ve happened if I’d woken up 10 minutes later?’ ... That would’ve been something I would have regretted my whole life.”

For his actions that day, Serna was awarded the Army Achievement Medal in a ceremony Dec. 15. Sgt. 1st Class Richard Love, one of Serna’s drill sergeants, said he submitted him for the award not only to recognize Serna, but to raise awareness about the importance of suicide intervention.

“If we can spread that message to 200 and some Soldiers that this is important, and this is worthy of being recognized, then ... hopefully they spread it to at least one person and before you know it, it’s spread,” Love said.

Soldiers new to the Army first receive information about suicide intervention when they arrive at the reception battalion. In addition, each Soldier is issued an ACE card, which stands for “ask, care and escort.”



Photo by *CHRIS RASMUSSEN*

**Pvt. Brian Serna, Company F, 1st Battalion, 34th Infantry Regiment, prepares to throw a practice grenade at Remagen hand grenade range Jan. 5. Serna intervened in a suicide attempt at the beginning of Basic Combat Training and was awarded the Army Achievement Medal for his action.**

Love said he was not surprised by Serna’s actions.

“That’s something I would expect from him,” he said. “Pvt. Serna is a Soldier with a big heart.”

Serna said that, in hindsight, he realizes that the Soldier, who is no longer in the Army, may have shown signs of being depressed or suicidal.

“He was always by himself when we all were in the bay talking,” Serna said. “He showed the signs, but it’s true, you don’t really pay attention until the last minute.”

Serna said he wishes the Soldier would have reached out to his battle buddies.

“I felt that if he would have talked to some of us, he would have fit in perfectly,” he said.

Serna, who is from Covina, Calif., is scheduled to graduate Jan. 27 and will attend Advanced Individual Training at Fort Meade, Md. to become a visual information equipment operator and maintainer.

*Susanne.Kappler1@us.army.mil*

# TRICARE to extend coverage age

By **DONNA MILES**

*American Forces Press Service*

WASHINGTON — To ensure military families don't get left out as the new national health care reform law extends parent's health insurance to their children up to age 26, TRICARE plans to roll out its new Young Adult Program by spring, and to provide an option to make coverage retroactive to Jan. 1.

The new program will allow qualified, unmarried military children up to age 26 to buy health care coverage under their parents' TRICARE plans, defense officials announced this week. That's up from the current maximum age of 21, or 23 for full-time college students whose parents provide more than half their financial support.

The Fiscal Year 2011 National Defense Authorization Act President Barack Obama signed Jan. 7, gave the Defense Department the authority it needed to extend TRICARE coverage to young adults, TRICARE spokesman Austin Camacho explained. This ensures benefits extended under TRICARE are in line with those all American families receive under the Patient Protection and Affordable Care Act that took effect in March.

"We've been working hard to make sure we could put TRICARE Young Adult on a fast track," said Navy Rear Adm. (Dr.) Christine Hunter, who heads the TRICARE Management Activity. "Fortunately for our beneficiaries concerned about health care coverage for their adult children, the law signed by the president includes opportunities for military families to elect this new premium-based plan retroactive to Jan. 1."



Qualified young adults who don't have access to employer-sponsored health care coverage will be eligible to purchase it through TRICARE on a month-to-month basis, Camacho said.

Details about how much those premiums will cost under the new program still are being finalized. But because the 2011 defense authorization specifies that the rates must cover all program costs, Camacho said, premiums will be based on commercial insurance data about the costs of providing care.

Once the new program is in place, Hunter estimated that it could extend TRICARE coverage to several hundred thousand additional beneficiaries.

"The premium allows us to provide the excellent benefit to our military families while responsibly addressing the impact of health care costs on the DoD budget," she said.

Meanwhile, the TRICARE staff has moved into overdrive to iron out the program details: determining eligibility and coverage criteria and costs; designing, testing and implementing the required software and systems changes;

updating eligibility databases; and crafting education efforts, Camacho said.

Officials plan to roll out the new program in two phases, first offering a premium-based TRICARE Standard/Extra benefit, Camacho said. Then, later this year, they plan to introduce the TRICARE Prime and TRICARE Prime Remote plan, including overseas options, and the Uniformed Services Family Health Plan.

Once the program is in place, eligible young adults may submit an application and premium payment to the appropriate regional or overseas contractor for processing, Camacho said. Cost shares, deductibles and catastrophic caps will vary, based on the plan selected and the sponsor's status.

Young adult beneficiaries will receive an enrollment card after they buy coverage, and their payment is reflected in the Defense Eligibility Enrollment Reporting System, Camacho said.

The new beneficiaries may choose to pay premiums back to Jan. 1, which will entitle them to file claims for any health care costs they have accrued since that date. To do so, officials advise that they save all receipts to ease claims processing.

For adults who need health insurance coverage but no longer qualify for TRICARE coverage, officials advise exploring the Continued Health Care Benefit Program. This premium-based program offers temporary, transitional health coverage for 18 to 36 months. Coverage must be purchased within 60 days of losing TRICARE eligibility. Information about the program is posted on the TRICARE website.

## Report backs lifting ban on women in combat

By **DONNA MILES**

*American Forces Press Service*

WASHINGTON — A commission of current and retired officers, senior noncommissioned officers and civilians charged with evaluating Defense Department policies to ensure they promote equal opportunity plans to recommend lifting the ban on women in combat.

The nonpartisan Military Leadership Diversity Commission will make 20 recommendations to President Barack Obama and Congress to increase diversity and inclusiveness and develop "a demographically diverse leadership that reflects the forces it leads and the public it services," according to a pre-decisional draft document posted on the commission's website.

The final report is expected in March.

Calling the military a leader in providing opportunities to all service members, regardless of their racial and ethnic background, the group concluded that it's now time to eliminate barriers based on gender.

Current military policy prohibits women from serving in combat units below the brigade level. And although women make up 14.6 percent of the military, they and minority members still are underrepresented in leadership posts, the commission noted.

"Increasing the racial, ethnic and gender diversity of senior leadership requires eliminating barriers that disproportionately affect the advancement of women and minorities," the draft report said.

This can be done on two levels, the commissioners said, beginning with the education and mentoring required to ensure all service members are equally prepared to manage their career progression.

"Second, DoD and the services must remove institutional barriers to open traditionally closed doors, especially



*Leader file photo*

**A panel appointed by the Department of Defense is scheduled to release a report in March that will recommend lifting the ban on women in combat units. Women make up 14.6 percent of the military.**

those related to assignments," the draft report continues. "An important step in this direction, recommended by the commission, is to remove the restrictions that prevent women from engaging in direct ground combat."

Retired Army Lt. Gen. Julius W. Becton Jr., a commission

member, announced last week at a military professionalism conference that the group had agreed to recommend that women be allowed to serve in combat.

"What we are saying is that women may be assigned to any job they are qualified for," Becton said.

## Calendar

### Today

#### AFTB Level II course, Day 1

8:30 a.m. to 3 p.m., Family Readiness Center

For more information, call 751-6315.

#### Nutrition workshop: Fueling for fitness

Noon to 1 p.m., Joe E. Mann Center, conference room

For more information and to make a reservation, call 751-3773.

### Friday

#### AFTB Level II course, Day 2

8:30 a.m. to 3 p.m., Family Readiness Center

### Thursday, Jan. 27

#### Nutrition workshop: Trends and controversies in human nutrition

Noon to 1 p.m., Joe E. Mann Center, conference room

For more information and to make a reservation, call 751-3773.

### Tuesday, Feb. 1

#### Installation town hall meeting

6 p.m., Solomon Center

### Tuesday, Feb. 1 through Feb. 2

#### Clothing Reclamation Sale

2570 Warehouse Road

The cash-only sale is for active duty, Reserve and National Guard Soldiers. For more information, call 751-7213.

### Wednesday, Feb. 2

#### Single Soldier town hall meeting

5:30 to 7 p.m., 2447 Bragg St. Installation representatives will answer questions presented by Soldiers in attendance.

### Thursday, Feb. 3

#### School Board meeting

4 p.m., C.C. Pinckney Elementary School

### Friday, Feb. 4

#### National Prayer Breakfast

7 to 8:30 a.m., NCO Club

The guest speaker is Dr. Tom Mullins.

### Saturday, Feb. 5

#### Black History Month 5K fun run

9:30 a.m., Darby Field

For more information, call 751-4247/7873.

### Friday, Feb. 11

#### Fatherhood Forum

10 to 11:30 a.m., Post Conference Room

## Housing events

### Friday

#### Crockpot Recipe Exchange

3 p.m.

A slow-cooker station will be set up and recipe cards will be available to take

home. Residents are encouraged to bring their own creations and recipes to share with others.

### Tuesday, Feb. 1

#### Best dressed pet photo competition

Submit a photo of your pet in its cutest outfit. Photos will be displayed in the Community Center, and votes can be submitted until 3 p.m., Feb. 18.

### Tuesday, Feb. 1

#### Pals for Paws drive

Donate old towels, newspapers, blankets or pet food to benefit local animal shelters in need.

### Wednesday, Feb. 2

#### Groundhog Day coloring contest

Color a groundhog coloring sheet and be entered into Balfour Beatty's monthly coloring contest. Sheets are available at the Community Center or at [www.ftjacksonfamilyhousing.com](http://www.ftjacksonfamilyhousing.com).

*All events are held in the Community Center, 520 Brown Ave., unless otherwise specified. Call 738-8275 for information.*

## Announcements

### DHR CLOSURE

All Directorate of Human Resources offices, including the ID card sections, will be closed from 11 a.m. to 1 p.m., Friday for the organization's quarterly awards ceremony and luncheon. In case of an emergency, alternate ID card sections are at the Soldier Family Assistance Center, 751-1198; Shaw Air Force Base, 895-1596; and the South Carolina National Guard Center, 806-2078.

### PALMETTO TRAIL CLOSURE

The Palmetto Trail will be closed for timber harvesting between Heise's Pond and Division Road beginning Friday. The trail is expected to be closed until March 31.

### GOLDEN ARROW ROAD CLOSURE

Golden Arrow Road is now closed during PT hours from 5:30 to 7 a.m.

### EXCHANGE VACATION GIVEAWAY

Exchange shoppers can register through Sunday to win a weeklong vacation at an Armed Forces Recreation Center of their choice. For more information, visit [www.shopmyexchange.com](http://www.shopmyexchange.com).

### MILITARYONESOURCE TAX FILING

MilitaryOneSource provides free tax consultation and online tax filing services to active duty, Reserve and National Guard service members and their families. Participants must register at [www.militaryonesource.com](http://www.militaryonesource.com).

### GLASS RECYCLING

Glass recycling containers will be put up in the housing area Feb. 7. The containers will be placed on Pershing

Road in Mabry Manors and at the corner of Moses and Carter roads in Pierce Terrace 7. Additional containers will be placed in other areas of housing by the end of February.

### RECYCLING CENTER UPDATE

The Fort Jackson Recycling Center is now open Saturdays from 8:30 a.m. to 3:30 p.m. On weekdays, the center is open from 7 a.m. to 3 p.m. For more information on recycling on post, visit [www.jackson.army.mil/ENRD/emb/p2.htm](http://www.jackson.army.mil/ENRD/emb/p2.htm) or call 751-4208.

### RED CROSS SEEKS VOLUNTEERS

The Fort Jackson Red Cross is looking for leadership volunteers. Available positions include hospital chair, youth chair and fundraising chair. For more information, call 751-4329 or e-mail [jacksonredcross@yahoo.com](mailto:jacksonredcross@yahoo.com).

### MACH NUTRITION CLINIC

The following classes are scheduled for January:

— Cholesterol and high blood pressure class, 2 to 3 p.m., Jan. 27

— Army Move!, 2 to 3 p.m., Monday (Session 1) and 2-3 p.m., Wednesday (Session 2)

— Victory weight loss class, 2 to 3 p.m., today

All classes take place at Moncrief Army Community Hospital, Room 8-85. For more information and to register, call 751-2115/2363/2273.

### MICC HOURS

The Mission and Installation Contracting Command's new opening hours are from 8 a.m. to 4:30 p.m., Monday through Friday. The office is closed for lunch from 11:30 a.m. to 12:15 p.m.

### AFAP UPDATE

Army Family Action Plan received 39 issues from the Fort Jackson community for fiscal year 2011. Local issues will be addressed by the appropriate staff agency on the installation. Issues determined to be beyond the scope of Fort Jackson were reviewed and prioritized by delegates at the annual conference in December. For a complete list of issue submissions and their status, visit [www.fortjacksonmwr.com/acs\\_afap](http://www.fortjacksonmwr.com/acs_afap). For more information, call 751-6315.

### MG JAMES URSANO SCHOLARSHIP

The MG James Ursano Scholarship program is now accepting applications. It provides children of active-duty, retired or deceased Soldiers with financial assistance to pursue a four-year college degree. Students must apply each year. For more information, visit [www.aerhq.org](http://www.aerhq.org) or call 751-5256.

### ID CARD APPOINTMENTS

Soldiers, retirees, family members and DoD employees can now use the ID Cards Appointment Scheduler System. Appointments will be available from 8 a.m. to 3:30 p.m., Monday through Friday.

To schedule and appointment, visit <http://appointments.cac.navy.mil>.

### SCHOLARSHIPS FOR SPOUSES

The AER Stateside Spouse Education Assistance Program is accepting applications through April 1. The scholarships are available to Army spouses and are awarded based on financial need. For more information, visit [www.aerhq.org](http://www.aerhq.org) or call 751-5256.

### DECA SCHOLARSHIP

The 2011 Scholarships for Military Children program is now available in commissaries worldwide and also online at [www.commissaries.com](http://www.commissaries.com). Choose the "News & Info" tab, then the "Scholarship info" tab. Applications are also available at [www.militaryscholar.org](http://www.militaryscholar.org).

### FREE COMIC BOOK

The 10th installment of the free New Avengers comic book for military audiences is now available at the Exchange. The book's title is "Hero Exchange."

### THRIFT SHOP UPDATES

Organizations that want to request funds, should submit a welfare request form. The form should list the reason, number of people involved and what other sources for funding have been explored.

### MILITARY CHILD AWARD

Operation Homefront is accepting nominations for the Military Child of the Year award through Jan. 31. The winner for each service branch will receive \$5,000. Ideal candidates demonstrate resilience and strength of character, and thrive in the face of the challenges of military life. For more information, visit [www.operationhomefront.net/mcoy](http://www.operationhomefront.net/mcoy).

Visit the community calendar at [www.jackson.army.mil](http://www.jackson.army.mil) for a full listing of calendar events.

## School news

### SCHOOL BOARD ELECTION

A special election to fill a vacant seat on the Fort Jackson school board is scheduled for Feb. 1 from 8 a.m. to 3 p.m. at the Fort Jackson schools and from 6 to 8 p.m. at the Solomon Center.

### MONTESSORI INFO SESSIONS

Parents of students in the Richland One school district who are interested in enrolling their children in Montessori programs are invited to the following information sessions:

— Brockman Elementary School: 8:15 a.m., Feb. 2

— Caughman Road Elementary School: 8:30 a.m., Tuesday

— Logan Elementary School: 6 p.m., Jan. 27 and 8 a.m., Feb. 4

— Gadsden Elementary School: 6 p.m., today

For more information, call 231-6709 or e-mail [alipscomb@richlandone.org](mailto:alipscomb@richlandone.org).

# Saluting this Basic Combat Training cycle's honorees

**DRILL SERGEANTS OF THE CYCLE**



**Staff Sgt. Samuel Gomez**  
Company A  
2nd Battalion,  
60th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Spc. Frances Jackson

**SOLDIER OF THE CYCLE**  
Spc. Jeffrey Cook

**HIGH APFT SCORE**  
Pvt. Tamara Rucker

**HIGH BRM**  
Pvt. Cole McBride



**Staff Sgt. Dante Sansom**  
Company B  
2nd Battalion,  
60th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Pfc. Jacob Edge

**SOLDIER OF THE CYCLE**  
Spc. Scott Brinkman

**HIGH APFT SCORE**  
Pvt. Eric Silva

**HIGH BRM**  
Pvt. James Meyer



**Sgt. 1st Class Jose Cadengo**  
Company C  
2nd Battalion,  
60th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Pvt. Nathan Cruz

**SOLDIER OF THE CYCLE**  
Pfc. Andrew Passonetti

**HIGH APFT SCORE**  
Spc. Ashley Andric

**HIGH BRM**  
Pfc. Brian Shubsda



**Staff Sgt. Gregory Elliott**  
Company D  
2nd Battalion,  
60th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Spc. Robert Fox

**SOLDIER OF THE CYCLE**  
Spc. Chad Foster

**HIGH APFT SCORE**  
Pfc. James Nicholson III

**HIGH BRM**  
Pfc. Julian Wilson



**PHOTO NOT AVAILABLE**

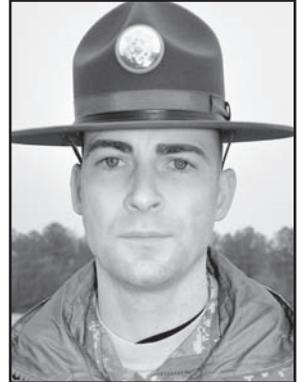
**Staff Sgt. Ryan Clapp**  
Company E  
2nd Battalion,  
60th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Pfc. Edward Pena

**SOLDIER OF THE CYCLE**  
Spc. Danato Adriacco

**HIGH APFT SCORE**  
Spc. Chad Akana

**HIGH BRM**  
Pvt. Seth Gabbard  
Pfc. Timothy Rodriguez



**Sgt. 1st Class Matthew Ruopp**  
Company F  
2nd Battalion,  
60th Infantry Regiment

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

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

**HIGH APFT SCORE**  
Pfc. Christopher Holton

**HIGH BRM**  
Pvt. Shane Seets  
Spc. Jonathan Schlattner  
Spc. Nicholas Johnson

**SUPPORT AWARDS OF THE CYCLE**

**STAFF SUPPORT**  
Cpl. Amanda Smithson

**TRAINING SUPPORT**  
Randall McDonald

**SERVICE SUPPORT**  
Randall McDonald

**DFAC SUPPORT**  
Sarah Willard

**FAMILY SUPPORT**  
Heather Evans

## Training honors



**2nd Lt. Angela Rogers**  
Distinguished honor graduate  
Adjutant General School,  
Basic Officer  
Leadership Course

To contact the Fort Jackson Leader, call 751-7045.

## Helping hands



*Photo by JAMES ARROWOOD, Command photographer*

**Volunteers for the fourth quarter of fiscal year 2010 and the first quarter of fiscal year 2011 are honored during the commanding general's Helping Hands award ceremony Tuesday at the Joe E. Mann Center.**



Follow the Leader on Twitter at [www.twitter.com/fortjacksonpao](http://www.twitter.com/fortjacksonpao) for breaking news and updates.

## At your service

Phone numbers and operation hours for key post facilities

<b>All South Federal Credit Union</b>	782-9830	Monday-Thursday, 9 a.m. to 5 p.m.; Friday, 9 a.m. to 6 p.m.
<b>American Red Cross</b>	751-/4329/5923	Monday-Friday, 8 a.m. to 4 p.m.
<b>Andy's Fitness Center</b>	751-4177	Monday-Friday, 5 a.m. to 9 p.m.; Saturday, 8 a.m. to 6 p.m., Sunday, 10 a.m. to 4 p.m.; call for hour on training and federal holidays
<b>Army Career Alumni Program</b>	751-4109/4104	Monday-Friday, 7:30 a.m. to 4:15 p.m.
<b>Army Community Service</b>	751-5256	Monday-Friday, 8 a.m. to 4 p.m.
<b>Army Continuing Education Services</b>	751-5341	Monday-Friday, 7:30 a.m. to 4:30 p.m.
<b>Army Substance Abuse Program</b>	751-5007	Monday-Friday, 7:30 a.m. to 4:30 p.m.
<b>Bowling, Century Lanes</b>	751-6138	Closed Monday; Tuesday-Thursday, 11:30 a.m. to 10 p.m.; Friday, 11:30 a.m. to 11 p.m.; Saturday, 1 p.m. to midnight; Sunday, 2 to 10 p.m.
<b>Bowling, Ivy Lanes</b>	751-4759	(For use by Soldiers in training): Thursday, 1 to 8:30 p.m.; Friday, 5:30 to 9 p.m., Saturday, 1 to 9 p.m.; Sunday, 11 a.m. to 5 p.m.
<b>Car Care Center</b>	782-1639	Monday-Friday, 8 a.m. to 5 p.m.
<b>Chaplain Museum</b>	751-8827/8079	Monday-Friday, 9 a.m. to 4 p.m.
<b>Child and Youth Services</b>	751-4865	Monday, Wednesday and Friday, 7:30 a.m. to 4:30 p.m.; Tuesday and Thursday, 7:30 a.m. to 6 p.m.
<b>Civilian Personnel Advisory Center</b>	751-3219	Monday-Friday, 8 a.m. to 4 p.m.
<b>Class VI</b>	782-1601	Monday-Friday, 9 a.m. to 7 p.m.; Saturday, 9 a.m. to 8 p.m.; Sunday, 10 a.m. to 7 p.m.
<b>Clinical Army Substance Abuse Program</b>	751-6597	Monday-Friday, 7:30 a.m. to 4:15 p.m.
<b>Coleman Gym</b>	751-5896	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends, training holidays and holidays except Christmas and New Year's Day, 6 a.m. to 2 p.m.
<b>Commissary</b>	751-5789	Sunday, 11 a.m. to 6 p.m.; Tuesday and Saturday, 9 a.m. to 8 p.m.; Wednesday-Friday, 10 a.m. to 8 p.m.
<b>DA Photos (TSC)</b>	751-7592	Monday-Thursday, 8 to 11 a.m. and 1 to 3 p.m.
<b>Defense Military Pay Office</b>	751-6669 (Soldiers)	Monday-Friday, 8 to 11:30 a.m. and 12:30 to 4 p.m. Civilians should call 751-4914.
<b>Dental Clinics</b>	751-5178/6017	Monday-Friday, 7:15 a.m. to 4:15 p.m.
<b>Family Health Center</b>	751-2273	Monday-Friday, 7:20 a.m. to 8 p.m.; training holidays, 8 a.m. to 4 p.m.
<b>Florist</b>	738-1812	Monday-Friday, 9 a.m. to 5:30 p.m.
<b>Fort Jackson National Cemetery</b>	699-2246	Monday-Friday, 8 a.m. to 4:30 p.m.
<b>Furniture Store</b>	787-9175	Monday-Friday, 9 a.m. to 6 p.m.; Saturday, 10 a.m. to 5 p.m.; Sunday, 11 a.m. to 5 p.m.
<b>Hospital Retail Annex</b>	782-1263	Monday-Friday, 7 a.m. to 4 p.m.
<b>ID Section</b>	751-7731	Monday-Friday, 8 a.m. to 4 p.m.
<b>Legal Assistance and Claims</b>	751-4287/3603	Monday-Friday, 9 a.m. to 4 p.m.
<b>LCI-SSSC</b>	790-5306	Monday-Friday, 8 a.m. to 4 p.m.
<b>Main Outpatient Pharmacy</b>	751-2259	Monday-Friday, 7:30 a.m. to 5 p.m.
<b>MG Robert B. Solomon Center</b>	751-4056	Monday-Friday, 8 a.m. to 8 p.m.; Saturday, 8 a.m. to 6 p.m.; Sunday, 10 a.m. to 4 p.m.
<b>Military Clothing Sales Store</b>	787-5248	Monday-Friday, 9 a.m. to 7 p.m.; Saturday-Sunday, 10 a.m. to 4 p.m.
<b>Movie Theater</b>	751-7488	Hours vary
<b>National Federation of Federal Employees</b>	751-2622	
<b>NCO Club</b>	782-2218	Monday-Friday, 7 a.m. to 3:30 p.m.; Saturday, 8 p.m. to 2 a.m. Open later for entertainment and special events; call for details and times.
<b>Officers' Club</b>	751-4906	Monday-Friday, 8:30 a.m. to 4:30 p.m.; Sunday brunch, 11 a.m. to 2 p.m.
<b>Palmetto Falls Water Park</b>	751-3381	**Closed for season**
<b>Perez Fitness Center</b>	751-6258	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends and training holidays, 10 a.m. to 6 p.m.
<b>Pharmacy Annex (PX mall)</b>	751-2250	Monday-Friday, 9 a.m. to 6 p.m.
<b>Pools, Knight</b>	751-4796	Monday-Friday, 6 a.m. to 2 p.m.; 4:30 to 7 p.m.
<b>Pools, Legion</b>	751-4796	**Closed for season**
<b>Post Exchange</b>	787-1950/1951/1952	Monday-Saturday, 9 a.m. to 9 p.m.; Sunday, 10 a.m. to 7 p.m.
<b>Post Library</b>	751-5589/4816	Monday-Thursday, 11 a.m. to 8 p.m.; Friday-Sunday, 11 a.m. to 5 p.m.
<b>Post Office</b>	782-8709	Monday-Friday, 8:30 a.m. to 5 p.m.
<b>Recycling Center</b>	751-4208	Monday-Friday, 7 a.m. to 3 p.m.; open 24 hours for drop-off
<b>Reuse Center</b>	751-5121	Monday-Friday, 10 a.m. to 2 p.m.
<b>Safety Center</b>	751-6004	Monday-Friday, 7:30 a.m. to 4:30 p.m.
<b>Shoppette Gate 1</b>	782-2076	Monday-Friday, 7 a.m. to 9 p.m.; Saturday-Sunday, 8 a.m. to 9 p.m.
<b>Shoppette Gate 2</b>	790-4478	Open 24 hours a day
<b>SSI Retail Annex</b>	738-9189	Monday-Friday, 8 a.m. to 2:30 p.m.
<b>Thrift Shop</b>	787-2153	Tuesday and Thursday, 9 a.m. to 3 p.m.; Wednesday, 9 a.m. to 5 p.m.
<b>Vanguard Gym</b>	751-4384	Monday-Friday, 5:30 a.m. to 9 p.m.; Saturday, Sunday and holidays, 1 to 8 p.m.
<b>Vehicle Registration</b>	751-5887	Monday-Friday, 8 a.m. to 4 p.m.
<b>Veterinary Clinic</b>	751-7160	Monday-Friday, 8 a.m. to 4 p.m.
<b>Victory Travel</b>	751-5812	Monday-Friday, 8 a.m. to 5 p.m.

Anything we missed? E-mail us at [fjleader@conus.army.mil](mailto:fjleader@conus.army.mil).

# Vaccine, safe sex can prevent HPV

By **BETHANN CAMERON**  
U.S. Army Public Health Command (Provisional)

Human papillomavirus is the most common sexually transmitted infection. HPV is the leading cause of cervical cancer in women. In the U.S., about 12,000 women per year get cervical cancer and about 4,000 deaths occur each year.

According to the Centers for Disease Control and Prevention, approximately 20 million Americans are currently infected with HPV. Another six million people become newly infected each year. There are over 40 different types of HPV that can infect the genital areas of both males and females. At least 50 percent of sexually active men and women get it at some point in their lives.

Some types of HPV can cause genital warts, cancers and other health problems even when an infected partner has no symptoms. There is no way to know if a person who gets HPV will go on to develop cancer or other health problems.

Most people with HPV usually have no symptoms or health problems from it and pass the virus on to a partner without knowing they have done so. In 90 percent of cases, the immune system clears HPV naturally within two

## Cervical Cancer SCREENING MONTH

years. Signs and symptoms of HPV-related problems include the following:

❑ **Genital warts:** A small bump or group of bumps in the genital area. They can be small or large, raised or flat, or shaped like a cauliflower.

❑ **Cervical cancer:** Usually there are no symptoms until abnormal bleeding occurs at an advanced stage.

Other health problems related to HPV include cancers of the vulva, vagina, penis, anus and head and neck. They might not have signs until they are advanced and hard to treat.

People can lower their chances of getting HPV by using condoms, limiting their number of sex partners or practicing abstinence. They can take the HPV vaccine as recommended by the CDC.

The vaccine works by preventing the most common types of HPV that cause cervical cancer and genital warts. It is given as three shots. The vaccines work best when

given before becoming sexually active.

Two vaccines, Cervarix and Gardasil are available as protection against certain types of HPV that can lead to cervical cancer and genital warts. In October 2009, the Cervarix vaccine was approved for women 10 to 25 years of age. It protects against the types of HPV that cause most cervical cancers. The Gardasil vaccine protects against the most common types of HPV that cause cervical cancer and genital warts. It is available to males and females, 9 to 26 years of age.

The HPV vaccines have been made available by the Army for Soldiers and family members. Contact your local health care provider to find out which vaccine may be the right choice for you and/or your family members. Because the vaccine does not prevent all types of cervical cancer or other sexually transmitted diseases, women should continue to get routine screenings for cervical cancer by getting the Pap test (also called Pap smear) and the HPV test.

More information about HPV, cervical cancer and the vaccines is available from the following Web sites:

- ❑ <http://www.cdc.gov/std/HPV/STDFact-HPV.htm>
- ❑ <http://www.cdc.gov/hpv/vaccine.html>
- ❑ <http://www.vaccines.mil/default.aspx?cnt=disease/minidv&dID=58>

# Chronic pain can be managed

By **KELLY L. FORYS**  
U.S. Army Public Health Command (Provisional)

When we experience pain, such as a toothache or a headache, relief is usually right around the corner. Imagine what it would be like to experience pain on a daily basis without relief from medications or other therapeutic techniques. This is a reality for many people who suffer from chronic pain.

Chronic pain is defined as pain that lasts longer than what would be expected in normal healing of an injury. So, if a back injury occurs while on duty, and the pain doesn't go away after the usual amount of time, the pain could be classified as chronic.

Chronic pain is tricky to diagnose because, in many cases, tests to identify the pain do not indicate that there is a problem; however, that does not mean that the person is not experiencing pain. In general, pain is a complex and individual experience. Because the cause is difficult to identify, chronic pain is frustrating to the patient and to health care providers trying to help the patient.

Soldiers are in better shape than the average person, but they are at greater risk for chronic pain. Soldiers sleep on cots, carry heavy packs, ride in uncomfortable positions and stand on their feet for long periods of time. Soldiers often experience multiple wounds such as blast injuries, penetrating shrapnel wounds and restorative surgeries. These conditions and injuries can cause prolonged pain. With more opportunities for injury and pain, there is a greater likelihood of developing chronic pain.

Chronic pain hurts in more ways than one. The constant pain can interfere with concentration, which takes a toll on the ability to function at work. In addition, the chronic pain reduces one's ability to enjoy life, hobbies, and friends. The pain can also cause irritabil-

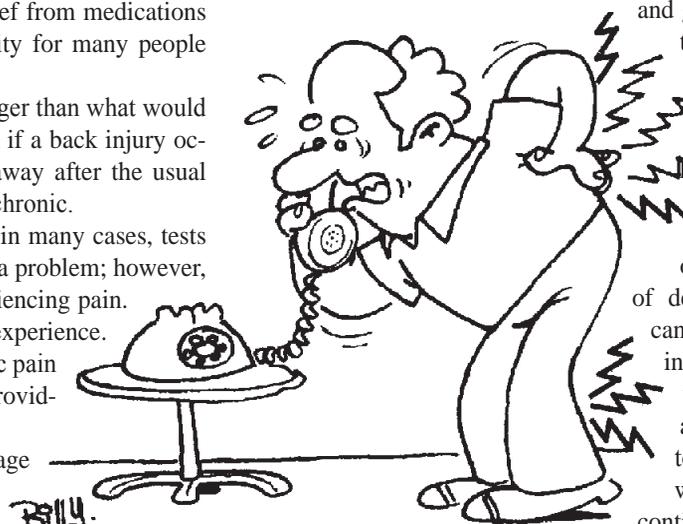
ity, anxiety and depression, which can negatively affect relationships with friends and family members. Difficulties at work and in relationships often cause more stress, which in turn makes the pain worse.

So, how does a person suffering from chronic pain break the cycle and get relief? The best way

to prevent chronic pain is not to become injured. However, as a Soldier operating in high-stress conditions, this is often unrealistic. When injury occurs, the likelihood of developing chronic pain can be minimized by seeking care immediately and working closely with a health care provider to find a treatment that works. If pain persists, continue to try other treatment options.

Pain doesn't have to take over your life. Maintain control over the pain by staying positive and continuing to engage in activities that you find enjoyable. Running 10 miles might not be possible, but perhaps a two-mile run is still an option.

Seek out social support from family, friends and others who are have been through similar experiences. As with any other mission, knowledge and support from a team is the best way to get the job done. Learn about your pain and gather your team to get relief from chronic pain.



## MACH updates

### REMINDERS AVAILABLE BY TEXT

Moncrief Army Community Hospital now offers appointment reminders by text message. To sign up, complete an opt-in form, which is available in the clinics and at the information desk. Completed forms may be left in those locations, as well. Reminders will arrive two to three hours before an appointment.

### FLU VACCINATIONS SET

Seasonal flu shots are available to all eligible beneficiaries, 4 and older, 7 a.m. to 4 p.m., Tuesday through Friday, in Room 6-27, Moncrief Army Community Hospital. Flu shots will not be given Jan. 14 or 17.

Children, newborns to 36 months, can receive vaccinations on a walk-in or appointment basis at the Family Health Clinic. Call 751-2210 for more information. Other sites are as follows:  
**Solomon Center:** 8 a.m. to 3:30 p.m., Monday and Jan. 31; 8 a.m. to 2 p.m., Saturday.



## Leader deadlines

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For example, an article for the Feb. 3 Lead-

er must be submitted by today.

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Family and MWR Command photo

The Dragon Hill Lodge in Seoul, Korea, is one of four Armed Forces Recreation Centers operated by the U.S. Army Family and Morale, Welfare and Recreation Command.

## FMWR resorts discount offered

By **WILLIAM BRADNER**  
FMWRC Public Affairs

In recognition of their sacrifice, the Army's Family and Morale, Welfare and Recreation Command is offering discounted rates at Armed Forces Recreation Centers to military families who have lost a family member in service to our nation.

Armed Forces Recreation Centers are full service resort hotels designed

and operated by the Army to provide Soldiers, service members, DA civilians and their families with resort-style accommodations at affordable prices.

"This is one more way to assure survivors that we'll always consider them part of the Army family," said Maj. Gen. Reuben D. Jones, FMWRC commander. "Families of the fallen deserve our respect, gratitude and the very best support and services that we can provide."

Participating locations include the

Edelweiss Lodge and Resort at the foot of the Bavarian Alps in Garmisch, Germany; the Dragon Hill Lodge in downtown Seoul, Korea; the Hale Koa Hotel on Waikiki Beach in Hawaii; Shades of Green at Walt Disney World in Florida; and the Cape Henry Inn and Beach Club in Virginia Beach, Va.

Survivors may sponsor up to three guest rooms at the discounted rate. Some restrictions apply.

For more information, visit [ArmyMWR.com](http://ArmyMWR.com).

### JANUARY EDGE! CLASSES

☐ **Clothespin cuties** — 3:30 to 5 p.m., Thursdays, 5955-D Parker Lane. For ages 8 to 14.

**Today:** Clothespins can be princesses, fairies, ballerinas and vampires.

**Jan. 27:** Worry dolls are a Guatemalan tradition that are said to help people sleep. Create your own.

☐ **DIY Beauty** — 3:30 to 5 p.m., Thursdays and Mondays, Balfour Betty Community House. For ages 8 to 16.

**Monday:** Whip up cherry-berry, citrus, raspberry or vanilla bubble bath.

**Jan. 27:** Tone and refresh your skin with homemade apple, citrus or cucumber toner.

**Jan. 31:** Give and receive a facial using homemade products.

☐ **Widgets that Work/Gadgets that Go** — 4 to 5:30 p.m., Fridays and Tuesdays, Pinckney Annex, Hood Street. For ages 9 to 15.

**Friday:** Make a working generator from a soup can.

**Tuesday:** Build a half-submarine, half boat.

**Jan. 28:** Experiment with a few fun



and simple projects, including a hovercraft and an alkaline Zeppelin.

☐ **Brown Around the Edge** — 4 to 5:30 p.m., Fridays and Wednesdays,

5955-D Parker Lane. For ages 11 to 18.

**Friday:** Biscuits are good; bear claw biscuits are better!

**Wednesday:** Cakes; learn tricks to keep your dessert from leaning.

**Jan. 28:** Learn to make pie crust and top it with your favorite fillings.

☐ **Winter of the Ice Wizard** — 3:30 to 5 p.m., Wednesdays, Post Library. For ages 6 to 10. Make treats that correspond with this Magic Tree House book.

**Wednesday:** It's snowing in the Land of the Ice Wizard. Whip up a blizzard of glittery snowflakes and eat snowflake tortillas as a snack.

*School-age children who register with Child, Youth and School Services qualify for four hours of open recreation, which can be used toward any EDGE! program. The EDGE! offers free classes as part of the Army Middle School and Teen Initiative for those 11 years and older. For children 9 and 10, classes are \$5 per hour.*

## FMWR calendar

### THURSDAY

- ☐ Visit **Century Lanes** for food, fun and bowling.
- ☐ **Victory Bingo**, 2 to 11 p.m.
- ☐ Sleepy Storytime at the **Post Library**, 6:30 to 7 p.m. Come in pajamas and go home ready for bed.
- ☐ **Magruder's Pub and Club** happy hour, 4:30 to 7 p.m. Appetizers available while they last.

### FRIDAY

- ☐ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the Blue Plate Specials.
- ☐ **Victory Bingo**, starts at 2 p.m.
- ☐ Dance to a variety of music provided by DJ Randall at **Magruder's Club**, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military. Be early for happy hour, 4:30 to 7 p.m. Appetizers are available, while supply lasts.
- ☐ Every Friday is Artistic Expression with Jake at 6:30 p.m. in the Teen Room at the **Youth Services Center**.

### SATURDAY

- ☐ **Victory Bingo**, starts at 1 p.m.
- ☐ Step Team practice, 2 p.m., dance room at the **Youth Services Center**.
- ☐ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the **NCO Club**. Cover charge is \$5 for civilians and \$3 for military.
- ☐ Buy one wing, get one free at **Magruder's Club and Pub**.

### SUNDAY

- ☐ **Victory Bingo**, starts at 10 a.m.
- ☐ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for Sunday brunch. Coat and tie are not required. Call 751-4906 or 782-8761.

### WEDNESDAY

- ☐ Come to Morale Call starting at 8 p.m. in the NCO Club **Liberty Lounge** and pay no cover charge. Starting at 10 p.m., ladies specials begin in the ballroom during Working Women's Wednesdays.
- ☐ Get your party on at **Club NCO** starting at 8 p.m. Admission is \$5 for military, \$7 for civilians.
- ☐ Victory Readers Club, 6 to 8 p.m., **Post Library**
- ☐ **4-H Club** meets 4 to 5 p.m. For grades 1-5. Call 751-1136 for information.

### ONGOING OFFERS

- ☐ The annual FMWR Fitness Challenge runs through April 4. Participants must be fitness members to compete in one of three categories; fitness, weight loss or total lifestyle change. Fitness memberships are \$30 a month. Call 751-5768 for more information.
- ☐ The NCO Club breakfast is served 6 to 9 a.m., Monday through Friday. The cost is \$8 for adults and \$3.75 for children 4 to 10 years old.
- ☐ The Officers' Club is open for lunch Tuesday through Friday, 11 a.m. to 1:30 p.m.
- ☐ The Officers' Club specializes in wedding receptions, anniversaries, promotions and other special occasions. For more information, call 782-8761.
- ☐ Child, Youth and School Services provides child care and youth programming on Saturdays at no cost for active-duty parents who must work to meet mission requirements. For more information, call 751-4865.

# Darkness gives way to morning sun

By **CHAPLAIN (MAJ.) CHARLES KUHLMAN**  
Family Life Chaplain

*"And Jacob said, Joseph is not, and Simeon is not, and ye will take Benjamin away: all these things are against me." (Genesis 42:36)*

In Genesis, one can read the broken-hearted cry of an individual who, after dealing with many sorrows in life, is overcome by the final straw.

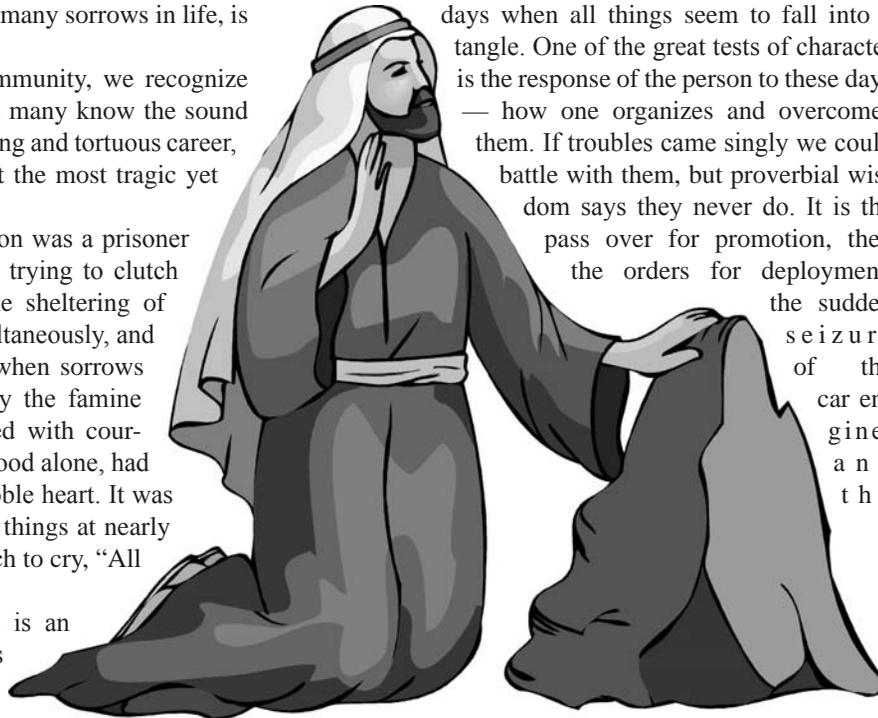
As members of a military community, we recognize that this cry is not new to us, and many know the sound from personal experience. In his long and tortuous career, Jacob had many sunless days, but the most tragic yet now confronted him.

Joseph he took for dead. Simeon was a prisoner in Egypt. Mysterious hands were trying to clutch Benjamin and drag him from the sheltering of home. And all this happened simultaneously, and in a period of extended famine, when sorrows are more difficult to bear. If only the famine struck, Jacob would have endured with courage. The loss of Joseph, when it stood alone, had not crushed the strength of that noble heart. It was the coming together of many evil things at nearly the same time, causing the patriarch to cry, "All these things are against me."

The dark hour Jacob reached is an hour that everyone reaches. Days will come that try our strength of spirit with multiple stresses. Just

as there are days when everything goes merrily, every face we meet wears a smile, we are equal to every demand, and worries are lightly brushed away — so are there days when everything goes wrong, the clouds return after the rain and the grasshopper becomes a burden.

The artist experiences days when fingers lose their cunning. Every individual of action knows such days when all things seem to fall into a tangle. One of the great tests of character is the response of the person to these days — how one organizes and overcomes them. If troubles came singly we could battle with them, but proverbial wisdom says they never do. It is the pass over for promotion, then the orders for deployment, the sudden seizure of the car engine, and the



only baby taken sick that causes us to cry, "All these things are against me."

But the delightful comfort of our story is this — Jacob was utterly mistaken. Although he did not know it in the shadows, he was entirely misinterpreting his life. He took it for granted that Joseph was slain ... and Joseph was prime minister of Egypt. He pictured Simeon in an alien prison, and the most powerful man in Egypt was his friend and brother. He shrank with horror from the loss of Benjamin, and a brother's heart was yearning to see Benjamin after many years away.

Things never seemed darker to Jacob than just then; there was not a bright star in his sky. In agony that bordered on despair, he cried out, "All these things are against me!" and at that moment, though he know it not, everything was brightening toward the sunrise, and heaven was singing, "Beloved, it is morn!"

The holiday and New Year period has a habit of placing many demands upon already busy schedules. When combined with world events and readiness issues, we may find ourselves in Jacob's shoes.

Do not despair, for the storm gives the mighty oak the incentive to sink roots deeper. The tempering of steel in the forge builds strength. It is the fire that births new life in the forest pine. And good artists will agree, for painting a masterpiece, some aspects of the picture are best painted on dark days.

Did you ever think, maybe, that God, who made and loves the sunshine, knows that now and then dark days are best if life is ever to be a thing of beauty?



## PROTESTANT

- Sunday
- 9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
- 9 a.m. Daniel Circle Chapel Gospel service, Post Theater
- 9:30 a.m. Hispanic, Solomon Center
- 9:30 a.m. Main Post Chapel
- 10:45 a.m. Sunday school, Main Post Chapel
- 11 a.m. Magruder Chapel
- 11 a.m. Memorial Chapel
- 11 a.m. Chapel Next, Bayonet Chapel
- 6 p.m. Transitions Christian service, Anderson Street Chapel
- Wednesday
- 6 p.m. Prayer service, Magruder Chapel

## Protestant Bible Study

- Monday
- 7 p.m. Women's Bible study (PWOC), Main Post Chapel
- Tuesday
- 9:30 a.m. to noon Women's Bible study (PWOC), Main Post Chapel
- Wednesday

- 6 p.m. Gospel prayer service, Magruder Chapel
- 7 p.m. Gospel Bible study, Magruder Chapel
- 7 p.m. LDS scripture study, Anderson Street Chapel
- Saturday
- 8 a.m. Men's prayer breakfast (PMOC), Main Post Chapel (every second Saturday of the month in the activity room)

## Protestant Youth of the Chapel

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

## CATHOLIC

- Monday through Friday
- 11:30 a.m. Mass, Main Post Chapel
- Sunday
- 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 a.m. Catholic youth ministry, Main Post Chapel
- 7 p.m. Women's scripture study, Main Post Chapel

- 8 p.m. Mass, McCrady Chapel (SCARNG), McCrady Training Center
- Wednesday
- 7 p.m. Rosary, Main Post Chapel
- 7:30 p.m. RCIA/Adult inquiry (September through May), Main Post Chapel
- Friday
- 11:30 a.m. Ladies of the parish, Main Post Chapel (first Friday of each month)

## ANGLICAN/LITURGICAL

- Sunday
- 8 a.m. Anderson Street Chapel

## ISLAMIC

- Sunday
- 8 to 10 a.m. Islamic studies, Main Post Chapel
- Friday
- 1 to 2 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
- Thursday
- 7 to 8 p.m. LDS scripture study, Anderson Street Chapel

## ADDRESSES, PHONE NUMBERS

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

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The Leader welcomes timely submissions. Send your submissions to

FJLeader@conus.army.mil. For more information, call 751-7045.

# FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

## Col. Ronald F. Taylor

Director,  
Emergency Services/Provost Marshal  
Sgt. Maj. Glen W. Wellman III  
Provost Sergeant Major

## Bill Forrester

Fire Chief

## David Navarro

Supervisory Police Officer



## CASES OF THE WEEK

❑ A civilian was denied access to post after attempting to enter the installation without a driver's license, Military Police said. The civilian's driver's license had been suspended for outstanding fines, MPs said.

❑ A Soldier was charged with a cell phone violation after talking on the phone while driving, MPs said. Fort Jackson regulation prohibits drivers from using a cell phone on post without an approved hands-free device.

**crimestoppers**  
1-888-559-TIPS  
www.midlandscrimestoppers.com



facebook

“Like” the Leader on Facebook  
by logging on and searching  
Fort Jackson Leader

## OPSEC AND SOCIAL NETWORKING SITES

SOCIAL NETWORKING SITES (SNS), like Facebook® and Twitter®, are software applications that connect people and information in spontaneous, interactive ways. While SNS can be useful and fun, they can provide adversaries, such as terrorists, spies and criminals, with critical information needed to harm you or disrupt your mission. Practicing Operations Security (OPSEC) will help you to recognize your critical information and protect it from an adversary. Here are a few safety tips to get you started.

### SAFETY CHECKLIST

#### Personal Information

Do you:

- Keep sensitive, work-related information OFF your profile?
- Keep your plans, schedules and location data to yourself?
- Protect the names and information of coworkers, friends, and family members?
- Tell friends to be careful when posting photos and information about you and your family?

#### Posted Data

Before posting, did you:

- Check all photos for indicators in the background or reflective surfaces?
- Check filenames and file tags for sensitive data (your name, organization or other details)?

#### Passwords

Are they:

- Unique from your other online passwords?
- Sufficiently hard to guess?
- Adequately protected (not shared or given away)?

#### Settings and Privacy

Did you:

- Carefully look for and set all your privacy and security options?
- Determine both your profile and search visibility?
- Sort “friends” into groups and networks, and set access permissions accordingly?
- Verify through other channels that a “friend” request was actually from your friend?
- Add “untrusted” people to the group with the lowest permissions and accesses?

#### Security

Remember to:

- Keep your anti-virus software updated.
- Beware of links, downloads, and attachments just as you would in e-mails.
- Beware of “apps” or plugins, which are often written by unknown third parties who might use them to access your data and friends.
- Look for HTTPS and the lock icon that indicate active transmission security before logging in or entering sensitive data (especially when using wi-fi hotspots).

THINK BEFORE YOU POST! Remember, your information could become public at any time due to hacking, configuration errors, social engineering or the business practice of selling or sharing user data. For more information, visit the Interagency OPSEC Support Staff's website.

Think. Protect. OPSEC.  
www.ioss.gov



# Managing cellulite not a cake walk

**W**e exercise faithfully and do our very best to eat right. So what's the last thing you expect to see on your thighs after such discipline? Dimples, caused by cellulite, that's what. Pockets of fat that are trapped under the skin all bunched and scrunched together is what creates that dimpled effect. One of the greatest questions about cellulite is: Why do so many of us (including me) have it?

So, what is cellulite? It is a type of fat found beneath three layers of skin and fat. Underneath the epidermis (skin) and dermis (more skin) are three specific layers of fat. Cellulite tends to develop in an area called the subcutaneous fat layers. This layer of fat is unique in its structure compared to the other layers because its fatty parts are structured into specific chambers by strands of linked tissue around it. This fat layer's visibility is further enhanced by our hormones. At certain times in a woman's life (women are those who typically have cellulite) — when our hormones are very prevalent like the onset of puberty, when we are pregnant and during menopause; all these big changes help in the formation of cellulite.

A woman's hormones are usually responsible for the regulation of their blood flow, fat connective tissue and lymphatic drainage. Changes that take place in the subcutaneous fat layer are where and how the cellulite is formed. Think of tall round tubes crammed tightly to-

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**The Weigh It Is**  
**By Pamela Greene**  
*Fitness programmer,  
 Family and Morale, Welfare  
 and Recreation*

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gether under the skin on the thighs. Now, picture each one of those tubes being used as a warehouse to store fat in each tube. So we have all this storage space to pack and cram. The cellulite fat that will accumulate quickly or slowly (depending on the lifestyle of the individual) will be stored in those tube warehouses located on our thighs, on the buttocks, tummy and more.

Age is also a regular culprit wreaking havoc on our bodies' ability to store fat. Since there is a loss in the thickness and tone of the connective tissue in the superficial fat layer and the dermis; the end result is noticeable cellulite. As hard as we work on exercise and eating right; why are women the ones to battle cellulite 90 to 98 percent of the time.

Women generally have a higher percentage of body fat

than men. A healthy range of body fat for women is 20 to 25 percent. Most of the body fat is stored in the thighs and buttocks. It is stored by the actions of an enzyme known as lipoprotein lipase (fat cells) that are located on the blood vessel walls throughout the body. Lipoprotein lipase controls the distribution of fat in various depots in the body.

As you can see, cellulite is not going away without a serious fight. A more feasible approach is to come to some honest realizations. First, let's get past getting rid of cellulite and focus our attention on managing that dimpled skin. Blood flow appears to be a positive prevention method in helping minimize the dimples. That means exercise helps (not cures, not prevents, just helps). Healthy eating habits of more whole foods, less fried, less processed foods also help. Also, make sure to have ample strength training; the more muscle definition, the less visible the cellulite. Aim for three to five times a week, 40 to 60 minutes each session. Squats and lunges target the thighs and buttocks so don't pass on these moves.

Finally, never, ever, ever forget your goal with cellulite is to minimize its appearance. Trying to rid yourself of cellulite is unrealistic, but you can definitely minimize it. So remember, it is not the end of the world. Do your part to take care of your body. Flawless and perfect exist in magazines; not on bodies.

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## Sports shorts

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### DARTS LETTERS DUE

Letters of Intent for darts are due Jan. 26. Play begins the first week of February. Call 751-3096 for more information.

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

