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The Fort Jackson Leader



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Humble heroes



Photo by JAMES ARROWOOD, command photographer

From left, Medal of Honor recipients Bruce Crandall, Alfred Rascon, Salvatore Giunta, Robert Patterson and Walter Marm participate in a round table discussion Feb. 16 at the Post Theater. The group attended several events, including Family Day, graduation and a formal ball after being invited by the 193rd Infantry Brigade.

Medal of Honor recipients visit post

By SUSANNE KAPPLER
Fort Jackson Leader

Fort Jackson Soldiers received lessons in history, heroism and humility last week during the visit of five Medal of Honor recipients.

The former Soldiers participated in a number of activities and met with Soldiers in Basic Combat Training. The men were invited to take part in the 193rd Infantry Brigade's Medal of Honor week events, which included Family Day and graduation activities and culminated with a formal dining out.

Members of the Fort Jackson and Columbia communities were able to meet the recipients during a round table discussion Feb. 16 at the Post Theater.

"For us as an installation to be given the opportunity to have five Medal of Honor recipients come and spend some time with us and see just how much (Fort Jackson) matters to our Army and to our future Army, it's a special day for all of Fort Jackson," said Col. Drew Meyerowich, 193rd Infantry Brigade commander.

Bruce Crandall, Walter Marm, Robert Patterson and Alfred Rascon - all of whom received the medal for their actions in

Vietnam — and Salvatore Giunta — who received the award for his actions in Afghanistan — answered questions and posed for photos with attendees.

Marm, who retired as a colonel, started his Army career at Fort Jackson, where he spent three days with the reception unit before attending Basic Combat Training at Fort Gordon, Ga. He said he was impressed with the training he observed during his visit last week.

"I can't say enough about Fort Jackson and about what you do," Marm said.

See **HEROES**: Page 7

Sexual assault has no place in Army

Let's talk about a very serious subject: Sexual harassment and sexual assault. As of next Friday, the Fort Jackson EO/SHARP office will assume duties as the lead sexual assault response organization on Fort Jackson. This represents a key milestone in the merger of the Sexual Harassment and Sexual Assault Response Programs. The new program will work as effectively as before and will continue to work to benefit and protect our Soldiers.

Currently, the Sexual Assault Prevention and Response program falls under the Army Community Services Family Advocacy Program and is run under a civilian contract, which expires in March. When the EO/SHARP team assumes the lead for sexual assault response, this function will no longer be under FAP. The transition from the SAPR team at ACS to the EO/SHARP office — which has already begun — will be seamless.

The EO/SHARP office has eight noncommissioned officers who have been receiving extensive training in sexual assault response. After the transition these NCOs will continue their training with the SAPR program contractors until the contract expires in mid-March.

It's unacceptable that sexual assault and harassment continue to be a problem in our Army. These crimes go against the grain of everything we value in this institution. Unfortunately, we are not immune to these crimes on Fort Jackson. The last several courts-martial cases that were published in the *Fort Jackson Leader* dealt with

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

*Fort Jackson
Commanding
General*



crimes of this nature. Three years ago, our Army recognized this growing problem and developed initiatives and programs to battle it head-on. Our leaders have been engaged in a very aggressive effort to eradicate sexual crimes in the Army with a four-phase program, called I. A.M. Strong.

I. A.M. (Intervene, Act, Motivate) Strong began in the fall of 2008 with the launching of Phase One, which engaged leadership to understand the problem and the command culture. Phase Two dealt mainly with giving Soldiers the training and awareness so that they had the toolset to fight the fight.

Last year, we entered Phase Three, which involved partnering not only with Army communities, but also with outside educational entities such as schools and universities. As we continue toward Phase Four, which begins in 2013, the ratcheting up of the program will

become more visible and zoom in even tighter on prevention.

At the same time that this four-tiered effort began, there was restructuring in the works as well. The SHARP (Sexual Harassment/Assault Response and Prevention) program was formed, replacing the SAPR program (Sexual Assault Prevention and Response), and clearly reiterating the focus shift to refining and sharing prevention strategies.

Throughout this year, the Army will have mobile training teams train more than 24,000 command-selected, unit SHARP personnel. Also, SHARP and TRADOC are seeking to integrate SHARP training in all professional military education and civilian education system courses. And, we will continue to refine and share our best practices in combating sexual assault and harassment.

There is no room for this behavior within our Army and all known violators will be punished under the Uniformed Code of Military Justice. Our prevention programs are critical to defeating this misconduct.

However, it will take us all to put an end to sexual assault and harassment within our ranks. You need to know exactly what to do, especially when it comes to reporting and to accountability — all of which goes back to the I. A.M. Strong approach. We will make progress with this program — we must. I look forward to your involvement.

Army Strong and Victory Starts Here!

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Integrity — use it or lose it

There you are, walking your dog, when all of a sudden nature calls and your cheeky pup leaves a present in your neighbor's yard.

Integrity, and in some states, the law, would tell you to clean up the mess, but how could you have possibly anticipated this would happen? In a world of do-gooders, checks and balances and right and wrong, integrity sure can mess up an afternoon stroll with man's best friend.

After all, who wants to walk all the way home with a bag of dog poop? Luckily for me this scenario is not a problem. My sweet dog, Floyd, is a treasure fetcher. How can I tell him "no" when he believes so strongly in recycling? I'd be sending the wrong message.

Integrity is one of our seven Army Values.

Sometimes it seems like we merely check the block on doing the right thing. It's almost as if we do the right thing only when it's convenient for us. We tell ourselves that it's OK to cheat the system just this once, but then cheating becomes the norm. Over time, our definition of integrity becomes warped, and we continue to waste energy inventing new ways to rationalize that we somehow still have it.

Doing the right thing, even when no one is looking — it's an intangible quality that can only be measured through one's actions and those seemingly harmless actions have the potential to become something altogether different.

Little things lead to the big things. Think of integrity like the dark side of the Force. Its power sure can be tempting, but it's also empty. You just don't realize it's empty until it's too late. So what if you're late to work once; a quick phone call to the boss can fix that. Then you're late to work twice, which is not a biggie because you can always come up with another reasonable excuse. Next thing you know, you're Michael J. Fox's character from the movie *Bright Lights, Big City*.

I suppose integrity prevents ordinary people from committing crimes; unless that crime is speeding, in which

**Commentary
By MAJ.
CHARLES BARRETT**

*Third Army/ARCENT
Public Affairs Office*



case I think there's a clause that allows you to keep the moral high ground on all other matters, thus keeping your honor intact, never mind your reckless inconsideration on the road. It could also be argued that integrity is what enables the strong to help the weak; unless you're one of the victims on *Animal Planet*, in which case, doing the right thing is running faster than your buddy.

Sorry, Herb. And I guess for all intents and purposes that integrity can be cited as a major contributor toward world peace. But apart from a lower crime rate, protecting the innocent, and world peace, what has integrity ever done for us?

It's hard to outsmart integrity, although plenty of people try. I know some guys who drive pick-up trucks and put their trash in the bed of the truck, and reason that their integrity is intact is because they have disposed of their trash, citing that they'll clean it out later. What really happens is the trash flies out of the back once they drive more than 50 mph. It's not their fault the laws of physics are against them and have involuntarily forced them to litter, right? I'm sure it's OK as long as they're doing the right thing in their own minds. Take that, integrity!

Just remember that you can only lose your integrity once. When it gets in the way of what you want, let it. That's why it's there. Whether big or small, we each have decisions to make that will affect our character, our honor, and our ability to do the right thing.

Women's History Month event on tap

By **WALLACE McBRIDE**
Fort Jackson Leader

The first African American female to be promoted to Chief Warrant Officer 5 in the Army Adjutant General Corps, Coral Jones, will be the guest speaker during next month's Women's History Month luncheon.

Jones spent 12 years in the enlisted ranks and was promoted to Chief Warrant Officer 5 in 2010. She is scheduled to share her experiences in the military during the annual Women's History Month luncheon, which takes place at 11:30 a.m., March 23 at the Solomon Center. Music and a slide presentation will also be part of the event's activities.

"It's important to celebrate Women's History Month because women have made many significant achievements and continue to contribute to the many global goals," Jones said. "My message will be in keeping with this year's theme: Women's Education, Women's Empowerment."

Sgt. 1st Class James Walters, equal opportunity adviser for Moncrief Army Community Hospital, said the purpose

of Women's History Month is to ensure that the history of women will be recognized and celebrated in schools, workplaces and communities throughout the country.

"The stories of women's historic achievements present an expanded view on the complexity and fulfillment of living a purposeful life," Walters said.

Jones was born in Barbados, West Indies, and raised in St. Lucia and the U.S. Virgin Islands. She received a Bachelor of Arts Degree in Human Resources Management from Saint Leo University and an Associates of Arts Degree in General Education from Central Texas College. She enlisted in the Army at Fort Buchanan, Puerto Rico in 1981 as a personnel records specialist and was appointed as a warrant officer in 1994. She served in a myriad of challenging assignments and worked several levels of command: Company, battalion, brigade, division and MACOM to include United States



JONES

Army Europe; Taszar, Hungary; Joint Readiness Training Center and Fort Polk; Allied Forces Southern Europe, Italy; Headquarters, United States Army Training and Doctrine Command; 160th Signal Brigade, Kuwait; and Headquarters, United States Army Forces Command.

Jones also served as rear detachment commander, Detachment Bravo, 55th Personnel Services Battalion, Darmstadt, Germany, and detachment commander, Detachment Bravo, 5th Personnel Services Battalion, Fort Polk, La.

Her awards include the Bronze Star Medal, Defense Meritorious Service Medal, Meritorious Service Medal with three Oak Leaf Clusters, Army Commendation Medal with five Oak Leaf Clusters, and Army Achievement Medal with two Oak Leaf Clusters.

Jones is married to Derrick Jones and they have two children.

SSI celebrates black history



Photo by SUSANNE KAPPLER

The Benedict College African Warrior Dance Team performs a dance from Ghana during the Soldier Support Institute's Black History Month celebration Wednesday at the SSI auditorium. The group later invited audience members to learn the dance, which was dedicated to Katherine Dunham, a pioneer in African-American modern dance. The event also featured a presentation by guest speaker Lt. Col. Sula Irish, commander of the Training Support Battalion.

CPAC CORNER

USA STAFFING

USA Staffing is a Web-based system used for the staffing process and simplifies and completely automates the recruitment, assessment, referral and notification processes. DoD is streamlining the use of the recruitment process by requiring all components (Army, Air Force, Navy, Marine Corps, Coast Guard and a few others) to use the same process and program for all recruitment.

How does using USA Staffing differ from how things are done now?

Currently, the Army is using Resumix, Vacancy Announcement Builder and Web-Based Referral Programs to recruit and refer applicants for vacancies. Resumix is a program that allows only one resume on file and applicants do not have to provide proof of qualifications

or eligibility at the time of applying for positions. Under USA Staffing, applicants will be able to upload up to five resumes along with any qualifications or eligibility documents (DD214, SF50, transcripts, etc.) when they apply for a position.

Applicants will also be assessed by answering questions regarding the knowledge, skills and abilities required for the position.

If you have questions or need more information, contact the Civilian Personnel Advisory Center via email at usarmy.jackson.93-sig-bde.mbx.cpac-usa-staffing@mail.mil. Responses to general questions will be posted on the Fort Jackson CPAC website at <http://www.jackson.army.mil/sites/garrison/pages/735>.



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



Photos by WALLACE McBRIDE

The Tooth Fairy visits Fort Jackson

Spc. Benita Turner, above, demonstrates proper dental-care techniques to students at Pierce Terrace Elementary School. Turner was among the representatives of the Caldwell Dental Health clinic who visited area schools and children's care centers to mark National Dental Health Month. Dr. Hannah Kirschenfeld read the book, "Does a Tiger Open Wide," to students via closed circuit television, while Cindy Good, right, visited individual classrooms dressed as the Tooth Fairy.



Mouth guards: Sports equipment that protects the smile

From Dental Command

It's easy to take some things for granted until they're suddenly gone. Have you ever thought about how it would feel if you lost one or two of your front teeth? You would probably avoid smiling. It would be uncomfortable talking with someone face-to-face. It wouldn't be easy pronouncing certain words. And how about eating an apple?

Blows to the face in nearly every sport can injure your teeth, lips, cheeks and tongue. A properly fitted mouth guard, or mouth protector, is an important piece of athletic gear that can protect teeth and a

person's smile.

A person does not have to be on the football field to benefit from a mouth guard. New findings in sports dentistry show that even in non-contact sports such as gymnastics, rollerblading and field hockey mouth guards help protect teeth. Many experts recommend that a mouth guard be worn for any recreational activity that poses a risk of injury to the mouth. There are also suggestions that a properly worn mouth guard can lower the risk of concussions.

There are three types of mouth guards: The ready-made, or stock, mouth guard; the mouth-formed boil and bite mouth guard; and the custom-made mouth guard made

by your dentist. All three mouth guards provide protection but vary in comfort and cost.

The most effective mouth guard should have several features: It should be resilient, tear-resistant and comfortable. It should fit properly, be durable and easy to clean, and not restrict speech or breathing.

Generally, a mouth guard covers only the upper teeth, but in some cases the dentist will instead make a mouth guard for the lower teeth. Your dentist can suggest the right mouth guard for you.

Here are some suggestions for taking good care of your mouth guard:

— Before and after each use, rinse it

with cold water or with an antiseptic mouth rinse. It can be cleaned with toothpaste and a toothbrush, too.

— When it's not used, place your mouth guard in a firm, perforated container. This permits air circulation and helps prevent damage.

— Avoid high temperatures, such as hot water, hot surfaces or direct sunlight, which can distort the mouth guard.

— Check it for tears, holes and poor fit. A mouth guard that's torn or in bad shape can irritate the mouth and lessen the amount of protection it provides.

Contact a dental treatment facility for more information.

Housing Happenings

COMMUNITY UPDATES

□ A single Soldier town hall meeting is scheduled from 5:30 to 7 p.m., today, at the Single Soldier Complex Community Center on 2447 Bragg St. Installation representatives will be on hand to answer questions, resolve issues and address concern.

□ All government housing offices (HS), UPH, RCI and Furnishings) will be closed from 7:30 to 10 a.m., Wednesday, for staff training. Balfour Beatty Communities will be open during that time and can be reached at 738-8275.

□ A workshop on how to clear housing is scheduled for 9 a.m., Friday, at the Community Center. Residents who are unable to attend but have questions about clearing housing, should call 738-8275.

□ Refer someone to move on post to receive \$200.

□ To nominate a child for the "Distinguished Child Award," email ayoungblood@bbcgrp.com.

□ Throughout February, Balfour Beatty Communities is accepting book donations to benefit Richland County Public Library.

□ LifeWorks events are reserved for on-post housing residents unless otherwise indicated. For questions, comments or suggestions, email ayoungblood@bbcgrp.com.

□ Garden plots on Gilmer Court are now available to on-post residents. For more information, call Valerie Kinsley at 751-7126.

□ Residents are reminded to leave their trash cans curbside the night before service is scheduled. Once your trash can has been emptied, be sure to stow it away properly.

CONSTRUCTION UPDATES

□ New home construction on Fort Jackson is now completed.

Construction included 610 new homes and the Community Center.

81st RSC seminar focuses on pre-retirement issues

By STAFF SGT. TOSHIKO FRALEY
81st Regional Support Command

ORLANDO, Fla. — The 81st Regional Support Command hosted its second Army Reserve pre-retirement seminar with the 143rd Expeditionary Sustainment Command recently in Orlando, Fla. Approximately 151 Army Reserve and National Guard Soldiers from across the United States, ranging from the ranks of sergeant to major general, attended the free seminar.

The one-day seminar had several retirement subject matter experts on hand to assist and brief on topics including education, financial issues, medical benefits, employment and family services.

Sgt. Maj. Sandra Otte with the 335th Theater Signal Command has attended two active duty pre-retirement briefs at two different locations and said she feels like she's learned more by attending this one-day seminar.

"I wish I could have attended this prior to me receiving my 20 year letter," Otte said. "This seminar was very informative, and I believe Soldiers should attend this seminar a year out."

Otte said she appreciated how the subject matter experts didn't just rush through their slides, but made sure Soldiers and their family member had a good understanding of what they are entitled to receive after they retire.

The seminar was established to assist Soldiers in making the right life-changing decisions. By May 2012, all RSC's are



Photo by STAFF SGT. TOSHIKO FRALEY, 81st Regional Support Command

Soldiers and their family members from all over the United States attend the Reserve Component Pre-Retirement Benefits Seminar in Orlando, Fla., this month. During their breaks they were given community partner time. This gave them the opportunity to visit several service providers who could assist them with their transition into retirement.

scheduled to have a Retirement Services Office. The office will assist all retiring and retired Soldiers, surviving spouses and their families with questions regarding retirement benefits.

Lt. Col Rickey Pope, commander of the 1159th Transportation Company Detachment, attended the seminar with his wife, Linda.

"I believe the information that was

given today would be beneficial to all Soldiers," Pope said. "This will teach Soldiers how to plan for their future and it informs them on what benefits are available after retirement for them and their families."

Linda agreed with her husband and said she is looking forward to sharing the information she received with her sister, who is married to an Army retiree.

Habits that lead to heart disease start early

By VICKY DERDERIAN
Army Public Health Nursing

February is Heart Health Month. When we think of heart disease, we generally think of older people and heart attacks. That is not always the case. Some conditions, such as high cholesterol, high blood pressure, obesity, diabetes and life style factors (sedentary life style, alcohol, drug and tobacco use, stress) can put everyone at a higher risk for developing heart disease. In these instances, heart disease will not develop overnight, but instead develops over a lifetime.

Unfortunately, the habits that lead to heart disease often start during childhood. As parents, we do not like to think that our children are at risk for developing conditions that will have such a major impact on their adult lives. However, steps can be taken to reduce the chance of developing heart disease by preventing and controlling risk factors.

Today, one in three American children is overweight or obese, nearly tripling the rate in the past four decades. Obesity is causing elevated cholesterol, high blood pressure and Type 2 diabetes — health problems that were previously not seen until adulthood. These findings, in com-

bination with the presence of fatty streaks in the arteries of children as young as 3, lead researchers to believe that the best time to begin prevention of cardiovascular disease is in childhood.

The American Heart Association has developed guidelines for the prevention of cardiovascular disease in children. Being aware of contributing risk factors and stopping them before they begin is the best way to start. Behavioral patterns developed during childhood are carried into adulthood.

So, where do we start?

— Lead by example, be a good role model.

— Develop good dietary habits, to include being mindful of the appropriate portion size. Eat dinner together as a family. Include more fruits and vegetables in the daily diet. Decrease foods with saturated fats. Increase fiber intake. Focus on healthy snacks, avoid junk food and fast food.

— Get moving. Exercise is essential. Engage children in activities they enjoy. Encourage biking, swimming and outdoor games. Exercise strengthens the heart muscle and can even reverse some heart disease risk factors.



— Limit times for TV, video games and computer use.

— Be realistic. If you need to change habits, set realistic goals. Change takes time — small steps turn into giant steps.

— Stay involved. Be an advocate at home and at school to promote healthy lifestyles. Make sure that your health care provider is monitoring your child's body mass index, blood pressure and cholesterol.

— Talk to your children about the devastating effects of smoking. If you are a tobacco user, quit. If you need help, sign up for the Tobacco Cessation Program on post or other programs in the area.

— Be Positive.

It is our responsibility to guide the next generation. Statistics have shown that the risk factors for cardiovascular disease develop during childhood and are escalating at a phenomenal rate. Of all the gifts you can give your child, none is greater than health.

For more information, visit www.heart.org.



Photo by JAMES ARROWOOD, command photographer

From second from left, Robert Patterson, Salvatore Giunta, Bruce Crandall and Walter Marm review the troops during Basic Combat Training graduation of the 1st Battalion, 13th Infantry Regiment. Giunta was the guest speaker.

Heroes share MoH experiences

Continued from Page 1

The recipients recalled some of their memories of Basic Combat Training and how it helped shape them as Soldiers.

"In the military, you learn that this is your team from start to finish, and this is Team America," Giunta said. "Basic training at 18 years old was my first time that I've ever learned to become selfless."

All of the former Soldiers reiterated that they don't regard themselves as more heroic than their battle buddies.

"I'm not a hero. I'm just a Soldier who was put in that position," Patterson said. "Every Soldier, everybody in this room is capable of receiving the Medal of Honor. ... You're going to react correctly because

you've already been trained to do it."

Giunta, who addressed Soldiers who completed basic training with the 1st Battalion, 13th Infantry Regiment during graduation that day, said his view on what a hero is hasn't changed since receiving the medal.

"My thinking hasn't changed at all, other than I don't know how I belong in this group," he said.

The recipients also agreed that wearing the Medal of Honor carries a huge responsibility.

"Wearing this (medal) and living up to it is a pretty big load," Crandall said. "I've

“I'm not a hero. I'm just a Soldier who was put in that position.”

— Robert Patterson
Medal of Honor recipient

never been prouder than when I received it. But I've also never been more nervous about trying to explain 'why me' because I still don't know 'why me.'"

Marm, who received the medal in 1966, said he agrees with those who say that wearing the medal is harder than earning it.

"We have to be caretakers of the medal for all the brave men and women whom we served with," Marm said. "We're no braver than any other Soldiers who were with us or who are out there in the Army today."

Susanne.Kappler1@us.army.mil

News and Notes

SINGLE SOLDIER TOWN HALL SET

Better Opportunities for Single Soldiers will host a town hall meeting for single Soldiers from 5:30 to 7 p.m., Feb. 23, at the Single Soldier Complex. Key leaders from Fort Jackson will be in attendance.

BLACK HISTORY EVENT SET

The installation Black History Month luncheon is scheduled from 11:30 a.m. to 1 p.m., Friday at the Solomon Center. This year's theme is "Black Women in American History." The guest speaker will be Constella Zimmerman, academic adviser and adjunct faculty member for Webster University on Fort Jackson.

AER CAMPAIGN TO BEGIN

The Fort Jackson Army Emergency Relief campaign will officially launch with an event at 10 a.m., March 1 at the Joe E. Mann Center. The campaign will run from March 1 through May 15. For more information, call 751-2757.

JOB FAIR SCHEDULED

A "Hiring Our Heroes Job Fair" is scheduled from 10 a.m. to 4 p.m., March 6, at the Solomon Center. The job fair is open to active duty, National Guard and Reserve service members, retirees, veterans, DoD civilians and family members. Job seekers are asked to register at www.uschamber.com/veterans/events by Feb. 28.

SPECIAL WORSHIP SERVICES

The following special worship services have been scheduled:

☐ Beginning Feb. 29, Wednesdays

— Stations of the Cross (Catholic): 5:30 p.m., Main Post Chapel, followed by bread and soup meal

☐ Sundays

— Eucharist (Catholic): 8 a.m., Solomon Center

☐ Monday-Thursday

— Eucharist (Catholic): 11:30 a.m., Main Post Chapel (except on training holidays)

Housing starts using QR code

From the Fort Jackson Housing Division

The Fort Jackson Housing Division has developed a QR code to offer fast, convenient service to customers and to provide assistance when housing personnel is not available, for example after business hours. A QR code, which stands for Quick Response, is a type of matrix barcode that provides information embedded within the code.

The Fort Jackson Housing Division QR code directs users to the housing Web page on Fort Jackson's website. There, users can learn more about the specific housing branches; gain information for newcomers; get Permissive TDY guidance; view a calendar of upcoming events; view community photos; review housing floor plans; access links to other helpful relocation websites; and provide customer service feedback via the Interactive Customer Evaluation system.



The QR code can be found, among other places, on all of the Housing Division's promotional event flyers, business cards and office door signs.

"Of course, anyone and everyone can still access the official Fort Jackson Housing Division website on a traditional computer, but for

the large number of customers with smartphones, the QR code provides instant answers at the touch of a button," said LaShandra Gray, Housing Services Office chief. "This implementation was designed to keep the community well-informed and to subsequently help minimize customer confusion and speculation on a wide variety of housing related topics."

If you own a smartphone and you don't already have a QR code reader, visit the app store on your device to get one. Stores typically carry several free applications and some that are available for purchase. Once you have installed and launched the application, hover your phone's camera over the QR code to scan it.

For more information about the Housing Division, call 751-9339 or visit <http://www.jackson.army.mil/sites/info/pages/389>.



Friday, Feb. 24 — 4 p.m.

Oceans

PG

Friday, Feb. 24 — 7 p.m.

The Devil Inside

R

Sunday, Feb. 26 — 2 p.m.

Contraband

R

Friday, March 2 — 4 p.m.

Gnomeo and Juliet

PG

Friday, March 2 — 7 p.m.

Haywire

R

Adults: \$4.50

Children (12 and younger): \$2.25

For more listings, visit www.aafes.com or call 751-7488.

Neighborly visit



Photo by JAMES ARROWOOD, command photographer

Maj. Gen. James Milano, Fort Jackson's commanding general, greets participants of the Come See Your Army tour Feb. 16 at the Basic Combat Training Museum. The tour offers Columbia-area residents an overview of the mission of Fort Jackson.

Odierno: Don't panic over cuts

By JIM GARAMONE
American Forces Press Service

WASHINGTON — Army leaders are aware of the differences between field forces and garrison forces and look to minimize the differences, the Army chief of staff said.

Gen. Raymond T. Odierno told the Defense Writers Group that he wants to ensure Soldiers "stay excited" about being in the Army, and is looking at ways to do that.

"What I'm trying to do is excite our young men and women about developing a future," he said. "They will help us all develop what the Army is going to look like and how we might fight in the future."

Over the course of 10 years of war, younger Soldiers have assumed a great deal of responsibility in Iraq and Afghanistan, the general explained. Yet when they get back to their home stations, he said, they often find multiple levels of supervision where there was just one during their deployments.

As the Army drops in numbers, Odierno said, the new budget looks to build "reversibility" into the service. This means the service will retain

more officers and noncommissioned officers to be able to rebuild the force if the strategy is wrong and the nation needs more land power. These officers and NCOs do not necessarily need to be in line outfits, he added.

"Over the last eight years we've created holes in our Army," Odierno said. For example, the service's Training and Doctrine Command used to be full of officers and NCOs. "We significantly reduced that over the last seven to eight years to fill the ranks for Iraq and Afghanistan," he said, noting that civilians and contractors filled those jobs at the command.

The general told the writers he wants to reduce that trend and put experienced officers and NCOs back into those slots. That enables the Army to take advantage of their combat experience and improve future strategies, techniques and doctrine, he said.

Odierno cited Fort Benning, Ga., as another example of a place to host these officers and NCOs. In the past, "we always had small group leaders — captains, majors and NCOs — and that has gone away," he said. "We want to reinvigorate that and put officers and NCOs in those places." If leaders decide the Army does not need to shrink

as much as now planned, then these officers and NCOs would be perfectly placed to rebuild battalions and brigades, Odierno said.

The general said he does not want Soldiers to panic over the upcoming changes. The Army will drop to about 480,000 soldiers by the end of 2017. Odierno said this measured, careful and slow drop will allow the service to take advantage of natural attrition. "There's still lots of opportunity to make a career out of the Army," he said.

Three or four years ago, the service recruited large numbers of Soldiers, the general said, and he expects a similar attrition rate in the next few years.

"There will be something we will have to do around the fringes that will cause us to ask some of those who would have been asked to stay before, to leave," he said. "But that's going to be limited, in my view."

Soldiers at all levels have a great deal of combat experience and knowledge, Odierno said. "We have a great Army, and I want to keep the experience, I want to keep the best," he said. "We want to ensure that those who are doing very, very well have a chance to continue to succeed in Army."

'There was nothing we couldn't do'

92-year-old WWII veteran shares tales of valor, sacrifice at luncheon

By **KAREN SOULE**
Public Affairs Officer

T. Moffatt Burriss tells incredible war stories. He can tell you what it was like to shoot the lock off a door to liberate prisoners confined in a concentration camp, and how he convinced a three-star German general to surrender his entire corps to two guys in a jeep. He can also give you a first-person account of what it was like to be among one of the first Americans to enter Berlin following the surrender of Germany.

For nearly an hour, Burriss, a 92-year-old World War II veteran, held commanders, sergeants major and staff with the Army Training Center spellbound as he recounted his combat experiences as a company commander in the 82nd Airborne Division. He was the guest speaker for the quarterly Profession of Arms luncheon,

hosted by Maj. Gen. James Milano Feb. 14, at the Officers' Club.

“Our casualty rate was tremendous and the hardships we faced were unending. We did our part in winning the war and preserving the peace and freedom throughout the world.”

— **T. Moffatt Burriss**
WWII veteran

freedom throughout the world.”

Burriss, who hails from Chapin, described extraordinary tales of heroism in many pivotal battles like Anzio Beach, Sicily, Battle of the Bulge and Nijmegen while serving overseas with the 3rd Battalion, 504th Parachute Infantry Regiment from May 1943 to September 1945. He shared details of battles fought against overwhelming odds. Even while sustaining a tremendous number of casualties, his assault troops maintained their fighting spirit.

“We were told as paratroopers that we were the best, trained to be the best, and we felt that we were the best,” Burriss said. “There was nothing we couldn't do.”

The 504th became such an unstoppable force that the unit earned the nickname “Devils in Baggy Pants” by the Germans encountering them in battle.

It was at Nijmegen, during Operation Market-Garden, Burriss' unit again fought against tremendous odds in a heroic attempt to secure the bridge over the Waal River. This battle was depicted in a 1974 book and a few years

“Our mission was three-fold,” he said. “Defeat the enemy, preserve the peace and freedom of our nation and get back home to our loved ones. No one shirked his duty and no one backed down. Many gave their lives. Our casualty rate was tremendous and the hardships we faced were unending. We did our part in winning the war and preserving the peace and freedom throughout the world.”



Photo by JAMES ARROWWOOD, command photographer

T. Moffatt Burriss, standing, responds to a question from Col. Craig Currey, deputy commanding officer of Fort Jackson, seated at right. Burriss, a 92-year-old World War II veteran, was the guest speaker for the quarterly Profession of Arms luncheon Feb. 14.

later became a movie, both entitled, “A Bridge Too Far.” The loss of American lives there was tremendous.

Lt. Col. Mike McTigue, 120th AG Reception commander, said he walked away with a better appreciation of what our WW II veterans endured and was impressed by Burriss' lead-by-example attitude.

“What resonated most with me as a commander was the simple message that good leaders need to lead from the front and should never expect anything from their Soldiers that they would not do themselves,” he said.

“As a result of his exceptional leadership, his men and others who served near him were able to overcome the insurmountable odds they faced and accomplish the missions they were given — even under the difficult conditions they experienced throughout the war,” McTigue said.

In 2000, Burriss published his memoirs, entitled “Strike and Hold.”

In the prologue he describes his need to “come to terms with war by talking about it and reliving it with men who've shared similar experiences.”

After years of participating in reunions and corresponding with former Army buddies he made the jour-

ney back to the battle sites that stirred so many memories. While visiting Nijmegen, Holland, in 1993, Burriss was invited by local leaders to return the following year for the 50th anniversary of the liberation of Holland for a reenactment of the crossing of the Waal River.

On Sept. 19, 1994, Burriss again made the airborne jump into Holland just shy of his 75th birthday. He returned 25 years later to make the jump at 90. The fact that the people of Holland had not forgotten the Americans who liberated their country made a huge impression. He discovered that fresh flowers adorn the numerous monuments dedicated to the American Soldiers who died there.

Lt. Col. Anthony Gianopulos, commander, 1st Battalion, 61st Infantry Regiment, said he appreciates Burriss and every one of our vets who made America a better place in this world. He found Burriss' message a simple one, “continue providing our Army with disciplined Soldiers who are competent and confident in the Warrior Tasks and Battle Drills, mentally and emotionally tough, and live the Warrior Ethos,” he said. “I think we do a great job here at Fort Jackson and we need to continue our efforts.”

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Saluting this basic training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt. Amanda Hess
Company A
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pfc. Logan Hillman

SOLDIER OF THE CYCLE

Pfc. Kimberly Foss

HIGH APFT SCORE

Pfc. Shea Stewart

HIGH BRM

Pvt. Kirsten Johnson



Staff Sgt. Brian Field
Company B
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Spc. David Perry-Morton Jr.

SOLDIER OF THE CYCLE

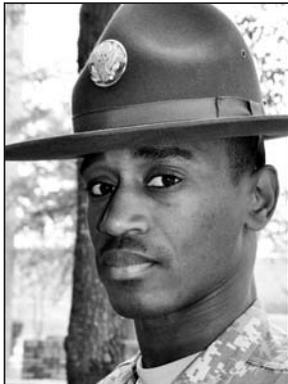
Spc. Joseph Clark

HIGH APFT SCORE

Spc. James Fins

HIGH BRM

Pfc. Nikida White



Staff Sgt. Dwayne Suber Jr.
Company C
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pfc. Evin Collignon

SOLDIER OF THE CYCLE

Spc. Kim Mattaniah

HIGH APFT SCORE

Pvt. Charlotta White

HIGH BRM

Pvt. Coty Matthew



Sgt. 1st Class Kester Dozier
Company D
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Spc. Phillip Schwoob

SOLDIER OF THE CYCLE

Spc. Ryan Burkett

HIGH APFT SCORE

Spc. Joshua Stenseth

HIGH BRM

Pfc. Dillon Johnson



Staff Sgt. Dennis David
Company F
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Spc. Brandon Peterson

SOLDIER OF THE CYCLE

Spc. Robert Reynolds

HIGH APFT SCORE

Pfc. Alan Reed

HIGH BRM

Pvt. Derek Goerd

SUPPORT AWARDS OF THE CYCLE

SERVICE SUPPORT

Herbert Smith

DFAC SUPPORT

Silas Bolton

Training honors



MORENO



WOODS

187TH ORDNANCE BATTALION

CADRE OF THE CYCLE

Staff Sgt. Emilio Moreno

INSTRUCTOR OF THE CYCLE

Staff Sgt. Scott Woods

DISTINGUISHED HONOR GRADUATES

Pvt. Wesley Mishue

Pvt. Antonio Pressley

Want more Fort Jackson news?

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

Follow the Leader on Twitter at www.twitter.com/fortjacksonpao.

Calendar

Friday

Black History Month luncheon
11:30 a.m., Solomon Center

Friday

At Ease — “Celebrating Love” potluck
6 to 8 p.m., Main Post Chapel
To arrange for child care, email lms946@hotmail.com by 2 p.m., Wednesday.

**Wednesday, Feb. 29 through
Thursday, March 1**

AFTB personal skills course
8:30 a.m. to 3:30 p.m., Family Readiness Center
Registration is required by Friday. For more information and to register, call 751-6315.

Tuesday, March 6

Hiring our Heroes job fair
10 a.m. to 4 p.m., Solomon Center

Tuesday, March 6

National Consumer Protection Week event
11:30 a.m. to 1 p.m., NCO Club
The guest speaker will be Martha Phillips, attorney with South Carolina Department of Consumer Affairs. The cost for the lunch is \$9.

Thursday, March 8

SSI Change of Command
10 a.m., Officers’ Club
Brig. Gen. Mark McAlister will relinquish command to Brig. Gen. David MacEwen.

Wednesday, March 14

ROWC luncheon
11:30 a.m., Officers’ Club
The guest speaker will be Leon Lott, Richland County Sheriff. Registration is required by 3 p.m., March 9. For more information and to register, call 788-1094 or 783-1220.

Housing events

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

Throughout February

Book drive
Balfour Beatty will be collecting books throughout February to donate to the Richland County Public Library.

Throughout March

Plastic bag recycling
Take your plastic grocery bags to the Community Center during the month of March. Residents will receive a raffle ticket for every 20 bags.

Announcements

LITERARY FAIR SUBMISSIONS

Children 7-18 years old may submit an original story or poem for the “Orig-

inal Works” contests for this year’s Child, Youth and School Services Literary Fair. Submissions must be turned into the School Liaison Services office by 5 p.m., Tuesday. The winners will receive prizes at the Literary Fair, March 3, at the Solomon Center. Children 6 and younger can turn in a completed reading log at the fair to receive a free book. For more information, call 751-6150.

TELEPHONE BOOK RECYCLING

Old telephone books can be dropped off at the Fort Jackson Recycling Center through March 31. Phone books can be turned in from 7 a.m. to 3 p.m., Monday through Friday, and from 8:30 a.m. to 3:30 p.m., Saturday. For more information, call 751-4208.

EXCESS PROPERTY SALE

Family and Morale, Welfare and Recreation has scheduled an excess property sale from 7:30 a.m. to 3 p.m., Saturday, at Building 4510. Preview is available from 10 a.m. to 2:30 p.m., Friday only. Sale items include TVs, DVDs, flatware, dishes, furniture, refrigerators and fitness equipment. Two vans, a dump truck and golf carts are available under sealed bid. The bids will be awarded and read at 2 p.m., Saturday.

CPAC CUSTOMER CARE PROGRAM

The Civilian Personnel Advisory Center has launched a new program, “I CARE,” which focuses on excellence in customer service. The program emphasizes integrity, compassion, advocacy, resourcefulness and excellence. CPAC sets a theme each month to highlight one of the standards emphasized.

RED CROSS OFFERS WORKSHOP

The American Red Cross is offering “Reconnection Workshops” to support and ease service members’ transition home after deployment. The workshops focus on one-on-one and small group discussion to enhance the likelihood of positive reconnections among family members. Service members who are interested in a workshop locally should call 751-4329 or email jacksonredcross@yahoo.com.

LUNCH WORKOUT

The 187th Ordnance Battalion Functional Training Center offers lunchtime workouts at noon, Tuesdays and Fridays, at 2250 Sumter Ave. For more information, call 751-9740 or email Sophie.Hilaire@us.army.mil.

SAT TESTING

The Education Center will administer SAT testing March 12. Testing is available to eligible service members only. For more information and to register, visit the Education Center or call 751-5341/5342.

SCHOLARSHIPS FOR MILITARY KIDS

Applications for the 2012 Scholarships for Military Children program are available at commissaries and online at www.commissaries.com and at [## Be my valentine](http://www.mili-</p>
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Courtesy photo

Angela Hiatt receives a Valentine’s Day surprise from Balfour Beatty Communities because her husband, Master Sgt. Christopher Hiatt, won the “Be Mine” Valentine essay contest.

taryscholar.org. The program awards at least one \$1,500 scholarship to a student at each commissary. Applications must be turned in at a commissary by Friday.

SLOGAN SOUGHT

The Fort Jackson Environmental Management Branch is seeking ideas for a recycling slogan. Submissions are due March 1. Send your ideas to Lisa.A.Mcknight11.ctr@mail.mil. The winning slogan will be used for upcoming recycling events and items.

MG URSANO SCHOLARSHIP

The MG James Ursano Scholarship Program offers scholarships for dependent children of active, retired and deceased Soldiers. The scholarships are awarded based on financial need, academics and leadership/achievement. The deadline to apply is April 2. For more information, visit www.aerhq.org or call (866) 878-6378.

AA MEETINGS

Fort Jackson Alcoholics Anonymous has scheduled open meetings for 9 to 10 a.m., Wednesdays and Fridays, at 9810 Lee Road. For more information, call 751-6597.

UNIT PREVENTION LEADER CLASS

The next Army Substance Abuse Program Unit Prevention Leader class is scheduled from 8 a.m. to 4 p.m., March 26-30 at 9810 Lee Road. For more information, call 751-7949/5007.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events.

Send your announcements to fjleader@gmail.com. Community announcements may be edited to comply with Leader style and Public Affairs regulations.

Announcements are due one week before the publication date. For more information, call 751-7045.

For information about classified advertising, contact Camden Media Co. at 432-6157. Classified ads may also be sent by fax to 432-7609 or by email to skaress@ci-camden.com. For information about display advertising, contact Kathy at 786-5681.

Off-post events

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

MARINES WANTED

The Marine Corps League, Detachment 829 is looking for Marines to join. For more information, email hhulett156@bellsouth.net.

173RD AIRBORNE ANNIVERSARY

The 173rd Airborne Brigade National Memorial Foundation will host a celebration to commemorate the 50th anniversary of the brigade March 21-24 at Fort Benning, Ga. The event will include a reading of the names of fallen Soldiers from the brigade. For more information, visit www.173dairbornememorial.org or email ramirez173@hotmail.com.

OCS ALUMNI REUNIONS

The Army Officer Candidate Schools Alumni Association, Inc. has scheduled reunions for graduates of Army officer candidate schools, regardless of location or branch, April 25 through 29 at Fort Benning, Ga. For more information, email Army@OCSAlumni.org or call (706) 221-8720.

Fort Jackson to celebrate Dr. Seuss at library events

By **THERESA O'HAGAN**
*Family and Morale,
Welfare and Recreation*

Seventy-five years ago, a man stuck on a boat returning to the United States from Europe, wrote a book for children set to the rhythm and tone of the ship's engine. The story was about a boy with a huge imagination. The boy lived on Mulberry Street, which is an actual street in the author's hometown.

The children's story was rejected 27 times by editors and book publishers.

If it had not been for a chance meeting between the author and his friend, who recently hired on as an editor for a children's book publisher, generations of children would not have experienced the joy of reading and being read aloud the books of Theodor Geisel, better known as Dr. Seuss.

From East to West, and North and South, American schools and libraries will celebrate the birthday of Dr. Seuss during Read Across America, March 2.

The Thomas Lee Hall Library will start celebrating early with a birthday party, featuring one fish, two fish, red fish, blue fish birthday cupcakes during Sleepy Story Time, 6 p.m., March 1. Sleepy Story Time is for children up to 8 years old and is held every Thursday.

"At the post library, we are excited to carry library programs into the community and partner with other community resources," said Cecilia Hem Lee, youth services librarian. "Our focus this year is to reach out to the Fort Jackson community so they

can be part of what is happening at the post library."

One such partnership is the library's partnership with Balfour Beatty Communities to celebrate the birthday of Dr. Seuss. The celebration will include Seuss related crafts, a viewing of "Horton Hears a Who," and of course birthday treats. Dr. Seuss' birthday celebration is scheduled for 5:30

p.m., March 2 at the Balfour Beatty Community Center. Space is limited; please call 738-8275 to reserve a space.

"Balfour Beatty thoroughly enjoys our partnership with the library," said Alana Youngblood, LifeWorks coordinator, Balfour Beatty Communities. "It's great to be able to put our resources together to bring great events to the community in new and exciting ways. This will be the first year we've teamed up together for Dr. Seuss' birthday party, and we are very excited about everything we've got planned. We hope everyone will come out to enjoy this great family-friendly event."

Thomas Lee Hall library is also hosting numerous other programs.

The library, in conjunction with Army Community Services, offers English as a Second Language from 5:30 to 6:30



p.m., Tuesdays and Wednesdays.

The Victory Readers Book Club will read, "The Thirteenth Tale," by Diane Setterfield and discuss it at noon, March 1. Teen Book Club members meet March 15 to discuss, "'Paranormalcy" by Kiersten White.

The Teen Book Club meets following the Library Teen Advisory Board, at 5:30 p.m., March 15.

The Library offers Mommy and Me, a lap sit program for mothers and infants, at 11 a.m., March 9 and 23.

The library is also a good way to save money on best-sellers, children's books, craft books, do it yourself books, classics, school reading lists and more.

"In hard economic times, the library is the budget friendly option to the bookstore," Hem Lee said. "Read. Return. Repeat."

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 6:30 p.m. Appetizers are available, while they last.

FRIDAY

- ☐ Look what I can do, **Thomas Lee Hall Library**. Call 751-5589 for more information.
- ☐ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the seafood buffet.
- ☐ **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. Every other Friday, sing along to Linda's Carraoke Karaoke. Be early for happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.
- ☐ 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.

SUNDAY

- ☐ Enjoy a traditional Sunday brunch buffet at the **Officers' Club**, 11 a.m. to 1:30 p.m.
- ☐ **Victory Bingo**, starts at 10 a.m.
- ☐ Every Sunday is Family Day at the **Youth Center**, 2-6 p.m.

WEDNESDAY

- ☐ 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 Officers' Club specializes in wedding receptions, anniversaries, promotions and other special occasions. For more information, call 782-8761.
- ☐ The NCO Club breakfast buffet is 6 to 9 a.m., Monday through Friday. The cost is \$6.50 for adults and \$3.75 for children 4 to 10 years old. Lunch is 11 a.m. to 1:15 p.m. and is \$8 for adults.
- ☐ The Officers' Club is open for lunch Tuesday through Friday, 11 a.m. to 1:30 p.m.
- ☐ 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. Others requiring care may sign up, but will pay the usual hourly rate. For more information, call 751-4865.

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Seven tips help prevent heart disease

By **CARRIE SHULT**

U.S. Army Public Health Command

Heart disease is the leading cause of death in the United States in men and women. Heart disease affects millions of Americans.

The American Heart Association estimates that about every 34 seconds someone will have a heart attack. So if you are a slow reader, that means several people will have heart attacks while you are reading this article.

Research about heart disease risk factors suggests that making even small lifestyle changes can reduce the risk of coronary artery disease, heart attack, stroke and other serious cardiovascular conditions. What does that really mean, and more importantly what does it mean for you?

GET MOVING

If you sit a lot, try to sit less. If you have a job that requires you to spend a lot of time at your computer, add a reminder to your electronic calendar every hour to stand up and walk away, do 15 push-ups or get some fresh air. Take the stairs instead of the elevator. Avoid being the parking lot shark — lurking around waiting for an open spot in front — and park away from your destination so you can get some extra steps in. Step, march or jog in place for at least 15 minutes while watching television. Exercise at least 30 minutes a day for five days a week or more. Walk. Get a step counter and set a goal to walk at least 10,000 steps daily. Just get moving.

MAINTAIN IDEAL WEIGHT

Being overweight increases the risk of heart disease and stroke. To achieve long term weight loss, don't skip meals but eat 200 to 300 calories less each day. This amounts to one slice of bread, one pat of butter or one-half cup of regular soda. Eat smaller portions and eat breakfast every day.

MAKE A YEARLY DATE WITH THE DOCTOR

Get your blood pressure, cholesterol and blood sugar checked as recommended. Put the date on the calendar as a special date just like birthdays or anniversaries or the Super Bowl.

ON THE WEB

For more information about heart health, visit:

☐ American Heart Association:

www.americanheart.org

☐ National Institutes of Health:

<http://www.nhlbi.nih.gov/>

CONTROL HIGH BLOOD PRESSURE

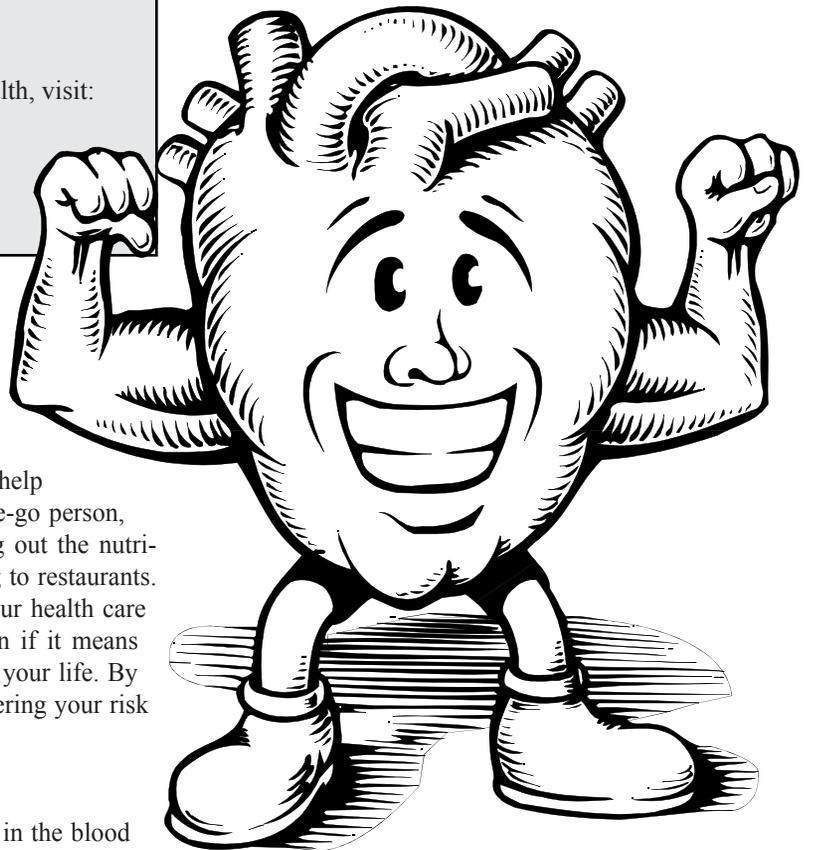
Blood pressure that is higher than 120/80 is known to increase the risk of heart disease. Lifestyle modifications such as staying physically active and eating a diet high in fruits, vegetables, whole-grain and high-fiber foods and lean protein can help control blood pressure. If you are an on-the-go person, arm yourself with information by checking out the nutrition guidelines on the Internet before going to restaurants. If you have high blood pressure, follow your health care provider's recommendations carefully, even if it means taking medication every day for the rest of your life. By managing your blood pressure you are lowering your risk of heart attack.

QUIT TOBACCO USE

Smoking reduces the amount of oxygen in the blood and raises blood pressure. Smoking harms nearly every organ in the body, including the heart, blood vessels, lungs, eyes, mouth, reproductive organs, bones and digestive organs. Not to mention it also stains your teeth, clothing and hands. To quit smoking, make a personal quit plan. Pick a quit day and tell everyone about it. You will find out who supports your goal. Get rid of tobacco in the house, car, workplace and trash your secret stash.

CUT DOWN ON ALCOHOL

Too much alcohol can raise blood pressure, cause heart failure and lead to a stroke. If you drink alcohol, drink a moderate amount, which equates to an average of one drink for women and two drinks for men per day. One drink is a 12-ounce can of beer or 4 ounces of wine, or 1-1/2 ounces of liquor.



MANAGE YOUR STRESS

People can have a healthier heart when they reduce stress. Stress raises blood pressure and can damage the arteries. Learn how to manage your stress by using relaxation methods such as deep breathing exercises, counting to 10 and meditation.

Do your part. Care for your heart by eating a better diet, exercising, quitting tobacco use and managing stress to reduce the risk of heart disease.

Heart disease is preventable. Take charge of your health by making positive lifestyle changes to reduce your risk of heart disease.

Small steps count, so start today.

FLU SHOTS

Seasonal flu shots are available to eligible beneficiaries 4

and older from 8 a.m. to 4

p.m., Monday through

Friday, at the Immunization

Clinic

on the sixth floor of Moncrief Army Community Hospital. Children 3 and younger may be vaccinated at the Family Health Clinic on a walk-in basis.



Watch Fort Jackson video news stories at <http://www.vimeo.com/user3022628>



twitter

Follow us on Twitter for breaking news at www.twitter.com/fortjacksonpao



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God is with us in good, bad times

By **CHAPLAIN (CAPT.) VINCENT DOMINIQUE**
3rd Battalion, 34th Infantry Regiment

There is a story about a 7-year-old boy who one day walked into a mom-and-pop store to buy a box of detergent. He scanned shelves after shelves looking for what he wanted. Finally, the store keeper asked him, "Son, what are you looking for?" "Detergent," the boy replied.

The store owner pointed in the direction of the detergents and asked, "Did your mother tell you what type of detergent she wants?"

"No, Sir," the boy replied. "My mom did not send me. I am buying this for my cat. I am going to bathe my cat."

"Son, your cat does not need to bathe, and certainly does not need detergent," the owner said.

"I know what I am doing," the boy said, picking up one box, paying for it and running out the store.

A few days later, the boy returned to the store to get a lollipop, and the store keeper recognized him and inquired about the cat. The boy simply told him that the cat died and his father buried him in a shoe box behind the house.

The store keeper felt bad and said, "Poor cat, I wish I had stopped you from buying that detergent."

"Sir, it's not the detergent that killed him," the boy responded. "It was the rinse cycle that got him."

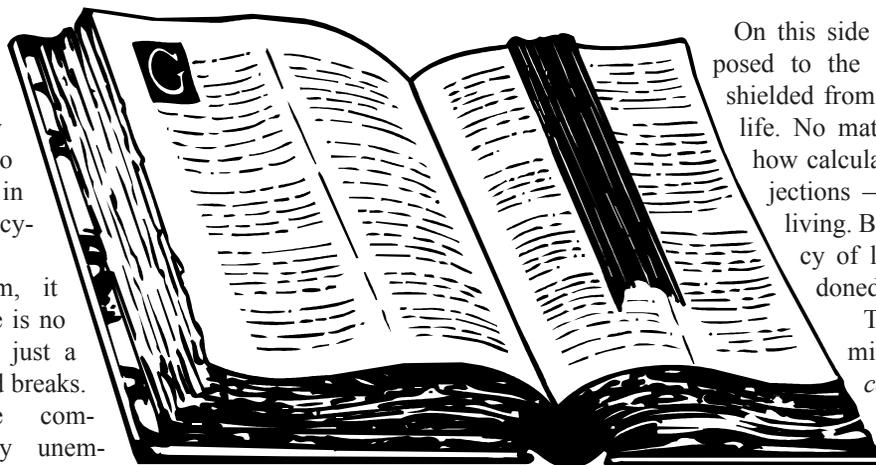
Lately, I have been hearing from many people who are caught in "the rinse cycle."

For them, it seems, there is no good news, just a series of bad breaks. Issues are compounded by unemployment, unruly children, separation, divorce, lack of opportunity for upward mobility ... The list goes on.

Some are heartbroken, angry, disappointed, and others simply are in the dumps and are downright discouraged.

Inevitably, many begin to question God. They ask, "Is God testing me? What have I done to merit this? Why me? I put 110 percent into my work, why am I not being picked up for promotion to the next grade? Chaplain, where is God in all this?"

Life is at it again.



On this side of eternity, we are exposed to the elements, and are not shielded from issues and concerns of life. No matter how hard we plan, how calculating we are in our projections — things happen to the living. But we are not at the mercy of life. God has not abandoned us to ourselves.

The Holy Scriptures remind us, to "Cast all our cares upon him for he cares for you." (1 Peter 5:7)

The Holy One who created the universe cares for us deeply. When these difficult times challenge our resolves and tax our energies, we simply cannot give up, nor can we give in to self-pity, anger or any other destructive thought pattern.

God is still on the throne. God has not lost a battle yet. We hold on to God. The God who gives unlimited grace to God's people is always with us, even when things go wrong. God will not leave us or forsake us.

Thanks be to God.
Amen!



PROTESTANT

- Sunday
 - 9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
 - 9:30 a.m. Hispanic, Post Theater
 - 9:30 a.m. Main Post Chapel
 - 8:30 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (first service)
 - 10:15 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (second service)
 - 10:45 a.m. Sunday school, Main Post Chapel
 - 11 a.m. Memorial Chapel
 - 11 a.m. Chapel Next and Children's Church, Bayonet Chapel
- Wednesday
 - 6 p.m. Prayer service, Magruder Chapel

Protestant Bible Study

- Sunday
 - 9:30 a.m. Chapel Next Bible study, Bayonet Chapel
- 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, Daniel Circle Chapel
 - 7 p.m. Gospel Bible study, Daniel Circle Chapel
 - 7 p.m. LDS scripture study, Anderson Street Chapel
 - 11:30 a.m. to 12:45 p.m. Fresh Encounter Bible Study, Family Life and Resiliency Center (5460 Marion Ave., left of the POV lot)
- 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 Thursday
 - 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 p.m. Catholic youth ministry, Main Post Chapel
- 7 p.m. Women's scripture study, Main Post Chapel

■ 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

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

CHURCH OF CHRIST

■ Sunday

- 11:30 a.m. 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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Take time before buying timeshares

From the Legal Assistance Office

Planning your next vacation? Perhaps you have considered purchasing a timeshare in the past, or plan on attending a timeshare presentation during your next vacation. Timesharing is a popular way to take a vacation, but problems can occur. The promoters' glamorous promises are not fulfilled. Projects go bankrupt. Trades for exotic spots don't materialize, and those who bought under pressure come to regret their hasty decisions. Consider the risks and benefits before signing a contract.

Many sellers of timeshares offer gifts to get prospective buyers to listen to a sales presentation.

Most presentation giveaways include gifts of little or no value. Timeshares are sometimes sold through online or mail promotions offering "free" vacation certificates. You may not always get what you expect with vacation certificates. If receiving a certificate by mail or offered one by telephone, find out if the "participating resort" where you will be staying is indeed "participating."

Also, find out if you will end up paying a lot of money for travel expenses and extra charges for your "free" trip.

Remember that the free gift or vacation certificate is an inducement for you to listen to a sales presentation for an offer that involves a large sum of money. Purchasing a timeshare is a major investment and you want to know what you are buying. Ask questions and do not sign anything unless you are fully aware of the consequences. A purchase will cost you thousands of dollars. Free tickets to a show or amusement park may not be worth the high-pressure sales tactics you will be subjected to, often for several hours.

There are two basic types of timesharing plans. In a deeded plan, you buy an ownership interest in a piece of real estate. In a non-deeded plan, you buy a lease, license or club membership that lets you use the property for a specific amount of time each year for a specific number of years. With both types, the cost of your unit is related to the season and the length of time that you want to buy.

While many timeshare ventures have been successful, problems can arise for buyers in several areas. For example, one reason why people buy timeshares is the convenience of pre-arranged vacation facilities. However, that benefit is lost if your vacation plans are subject to last-minute changes, or they vary in length and season from year to year. Also consider how the property may be used. Does the property have flexible use plans? If not, you may be limited in how your vacation is spent at the timeshare. Also consider your current and future position in life. Are you, and will you be, in good enough physical and financial health to travel to and use your timeshare? If not, keep in mind that timeshare resales usually are difficult.

Consider the total costs when purchasing a timeshare. Does the total cost of your timeshare includes mortgage

payments and expenses, such as travel costs, annual maintenance fees and taxes, closing costs, broker commissions, and finance charges? Annual maintenance fees can range from \$300 to \$500. Because annual fees can increase at rates that equal or exceed inflation, it's important to ask if there's a fee cap for your plan. Keep in mind that these fees must be paid regardless if you use the unit. To evaluate the purchase, compare the total timeshare costs with rental costs for similar accommodations and amenities for the same time and in the same location. Also, you may want to visit the timeshare property if the sales office isn't on the actual site. Some developers don't give an accurate representation of a property, or development plans if it's not yet built. You want to know what you're investing in before you make a purchase.

Don't act impulsively or under pressure. Take the documents home to review. Ask a professional or someone familiar with timesharing to review the paperwork before you buy. If the seller won't let you take the documents, or tells you that this is a "one-shot" deal, perhaps this isn't the deal for you. A good offer today usually will be a good offer tomorrow. Find out if the contract provides a "cooling-off" period during which you can cancel and get a refund. If not, ask to include this clause. Most states where timeshares are located require a cooling-off period. If you purchase a timeshare in South Carolina, the "cooling-off" period, also known as the rescission period, is five days.

Before signing a sales contract, be sure to get answers to the following questions in writing:

— What is the nature of your right to the property? What is your specific title? Does your contract give you an ownership, lease or a security interest?

— If your contract is for a leasehold timeshare, what is its duration: 20 years, 40 years or life?

— Can you transfer title of your timeshare, or does it revert back to the developer if you choose to leave? Can you sell your timeshare yourself, or does the developer have exclusive rights of sale?

— If your title is for ownership, make sure that the contract waives the "right to partition" so that another tenant can't compel the sale of the whole unit to get cash for his share.

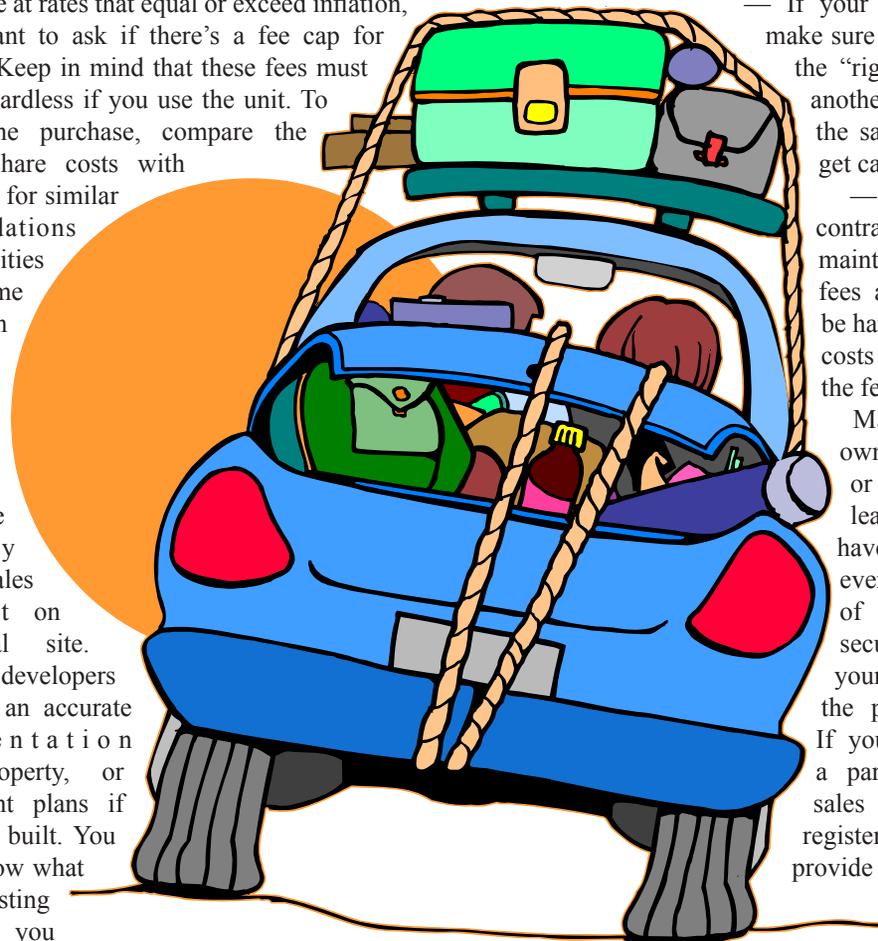
— Make sure that the contract is specific about maintenance fees. If such fees are not listed, will you be handed a bill for additional costs in several years? Will the fee increase each year?

Make sure the developer owns the property. If he or she holds it under a lease, is it certain that you have a right to occupancy every year for the duration of your contract? The securities administrator in your state is responsible for the protection of investors. If you have doubts whether a particular offering or its sales representative is duly registered, or if they fail to provide adequate information, contact the securities administrator in your state.

Make sure all promises made by the salesperson are written into the contract. There are no guarantees that the company will uphold oral promises. Before purchasing a timeshare, contact the Better Business Bureau and consumer protection office to ensure your resort will be a good place to vacation.

If you purchase a timeshare and are not satisfied with the facilities and amenities, you can file a complaint with the Federal Trade Commission by contacting the Consumer Response Center by phone: toll-free 1-800-FTC-HELP (382-4357); TDD: 202-326-2502; by mail: Consumer Response Center, Federal Trade Commission, 600 Pennsylvania Ave, NW, Washington, DC 20580, or online, using the complaint form at www.ftc.gov/ftc/consumer/htm.

If you have any questions or would like to have a timeshare purchase contract reviewed by an attorney, call the Legal Assistance Office at 751-4287 to set up an appointment.





Lt. Col. Raymond Simons
Director, Emergency Services/Provost Marshal

Sgt. Maj. Bruce Sirois
Provost Sergeant Major

Bill Forrester
Fire Chief

TIP OF THE WEEK

Because of traffic and safety concerns around Pierce Terrace Elementary School during school dismissal, changes were implemented at the beginning of the month to keep Imboden Street and Mills Road

clear of traffic. The changes were necessary to ensure that in case of an emergency in the housing area first responders will be able to reach the site.

Cars are no longer allowed to wait on Imboden Street or Mills Road to enter the traffic circle in front of Pierce Terrace Elementary School. Traffic guards continue to fill the traffic circle prior to dismissal, and once the circle is full, all traffic is routed to line up on Commissary Way. Once the traffic circle is clear, only vehicles from Commissary Way are allowed to turn into the circle. This plan aims to allow traffic to move more freely on Imboden Street during dismissal.

Parents should park behind the school, cross Commissary Way and walk to the school to meet their children. A new crosswalk and a crossing guard will be provided by Military Police to assist in this process.

The gate on Commissary Way remains open, however the road is closed to through traffic during that time.

Parents parking on Imboden Street are subject to be issued a citation for impeding traffic by stopping/standing/parking in a roadway, which carries a fine of \$80.

Military Police is asking parents for their support by walking home with their children, carpooling with a neighbor and by having first- and second-grade students walk home with other children.

FORCE PROTECTION THOUGHT OF THE WEEK

R.A.M.P.

RANDOM ANTITERRORISM MEASURES PROGRAM



ADDITIONAL SECURITY MEASURES EMPLOYED TO INCREASE SECURITY, CHANGE THE LOOK OF THE INSTALLATION SECURITY POSTURE, AND AVOID PREDICTABILITY



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Winter basketball standings

Monday/Wednesday		Tuesday/Thursday	
81st RSC	5-0	SSI	6-1
Swamp Foxes	3-2	187th	5-1
81st SRP	3-2	4-10th	4-3
193rd	3-2	1-34th	3-3
3-34th	2-2	1-61st	3-3
175th	1-2	2-60th	3-5
TFM	1-3	MEDDAC	2-4
120th	0-5	171st	2-5
		2-39th	1-4

Standings as of Wednesday morning

Dart standings

Recreational teams

1st CivDiv	10+
Sharp Shooters	6+

Intramural teams

MACH	10+
2-60th	10+
4-10th	8+
120th, Team 1	8+
187th	8+
120th, Team 2	5+
1-61st	4+
3-34th	3+
TFM	3+

Standings as of Wednesday

Sports shorts

LETTERS OF INTENT DUE

Letters of intent for the following sports are now accepted by the Sports Office:

☐ Indoor volleyball; recreational and intramural; due March 20

☐ Softball; recreational and intramural; due March 20

☐ Golf; recreational and intramural; due March 21

For more information, call 751-3096.

SHAMROCK SHUFFLE

The Shamrock Shuffle 5K walk/run and 10K run is scheduled for 8 a.m., March 17, at Hilton Field. The event is open to all ID card holders. Register at the Sports Office before race day or at Hilton Field from 6:30 to 7:30 a.m. on race day.

YOUTH SPORTS REGISTRATION

Registration for youth sports is open to family members of active duty Soldiers, DA civilians, contractors and military retirees. Children must be registered with Child, Youth and School Services. To register, visit the Parent Central Office between 7:30 a.m. and 4:30 p.m., Monday, Wednesday and Friday, or between 7:30 a.m. and 6 p.m., Tuesday and Thursday. A physical taken within the last year is required. Youth sports offered during spring are soccer (ages 3-13), track and field (ages 6-13), T-ball (ages 3-5) and baseball/softball (ages 3-13). For more information, call the Youth Sports and Fitness Office at 751-5040.

For more information about intramural sports, contact the Sports Office at 751-3096.

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