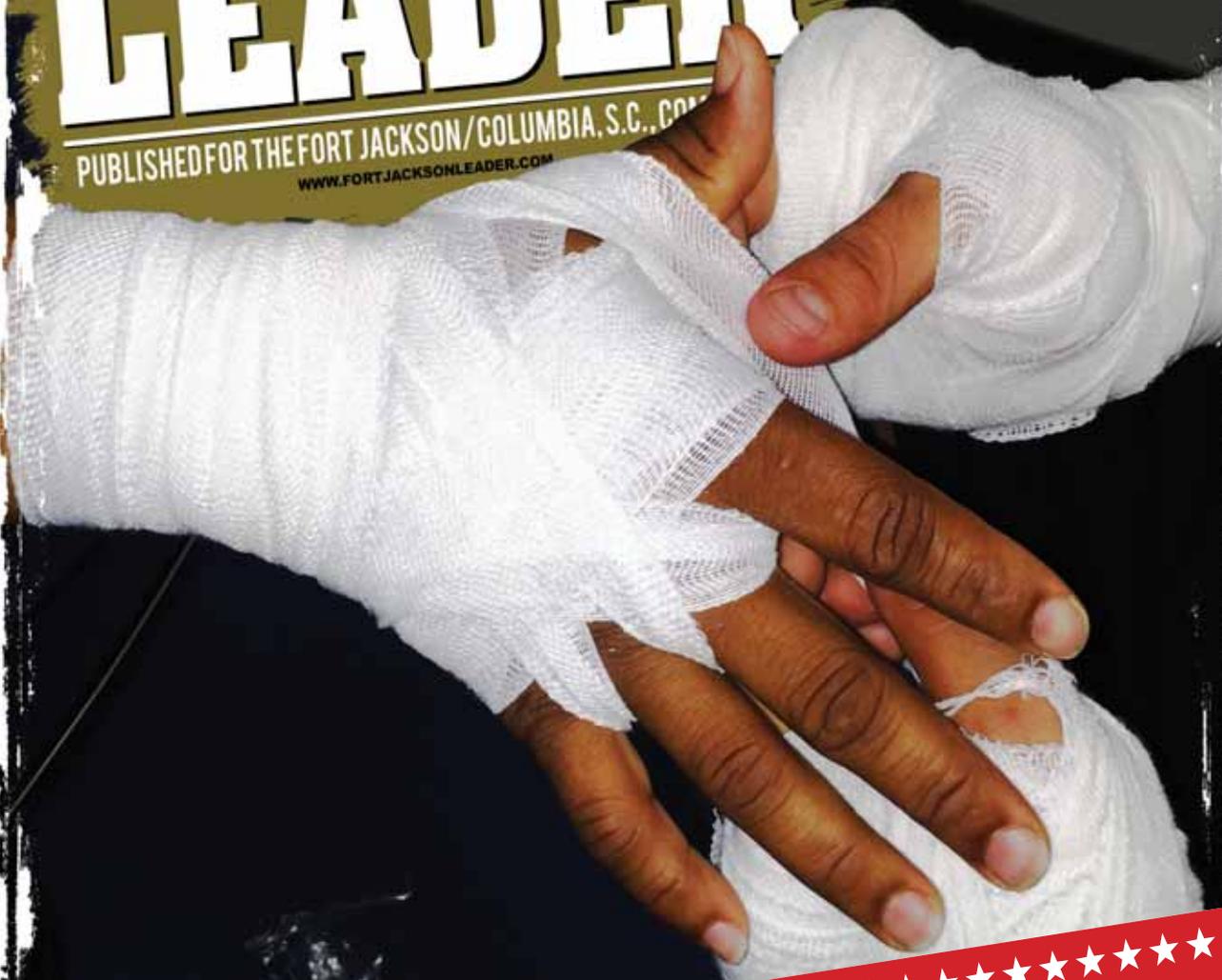


THURSDAY, AUG. 6, 2015

THE FORT JACKSON LEADER

PUBLISHED FOR THE FORT JACKSON/COLUMBIA, S.C., COM
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★ POST SCHOOL
WINS NATIONAL
RECOGNITION
— PAGE 3



FIGHT CLUB

SOLDIERS TRADE
PUNCHES AT
BOXING SMOKER
— PAGES 12-13

CMYK

+



ON THE COVER

Photo by WALLACE MCBRIDE

A fighter has his hands wrapped before participating in last weekend's boxing smoker at Fort Jackson. **SEE PAGES 12-13.**

THE FORT JACKSON LEADER

Fort Jackson, South Carolina 29207

This civilian enterprise newspaper, which has a circulation of 15,000, is an authorized publication for members of the U.S. Army. Contents of the Fort Jackson Leader are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, Department of the Army or Fort Jackson.

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The civilian printer is responsible for commercial advertising.

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

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Community Calendar

TODAY

Deadline for retirement seminar

Army Training Center civilians within five years of retirement must contact their unit S1's today to sign up for Army Benefits Retirement seminars Tuesday and Wednesday. The seminars will be 8:30 a.m. to 4 p.m., at the Chaplains Auditorium, 10100 Lee Road.

Stress Management

11 a.m. to noon, Classroom 10, 5614 Hood St. Open to active-duty, retired Soldiers; Families; DOD civilians. For information or to register, call 751-6325.

FRIDAY

Jackson Jubilee/National Night Out

3-6 p.m., Solomon Center. For information, call Marilynn Bailey at 751-5444.

TUESDAY

Resume-Writing and Interviewing

9 a.m. to noon, Room 222, Strom Thurmond Building. Open to active-duty, retired Soldiers; National Guardsmen; Reservists. For information, call 751-5256, or email Barbara.L.Martin.civ@mail.mil.

Healthy Relationships

11 a.m. to noon, Classroom 10, 5614 Hood St. Class deals with opening communication, dealing with conflict, building self-esteem. Open to active-duty, retired Soldiers; Family; DOD civilians. Provide your own lunch. To register, call 751-6325.

WEDNESDAY

Maternity briefing

9-10 a.m., Room 8-85, Moncrief Community Army Hospital. For pregnant Soldiers and their Families. For information, call 751-6325/9035/6724/2731.

Retired Officers' Wives Club

10 a.m., Fort Jackson Officers Club. The

Fort Jackson Retired Officers' Wives Club will hold a welcome coffee.

Bright Honeybee play group

10-11:30 a.m., Classroom 8, 5614 Hood St. Designed to help parents learn developmentally appropriate play. Open to active-duty, retired Soldiers; Family. For information, call 751-6325/9035/6724/2731.

AUG. 13

Baby Basics

10 a.m. to noon, Classroom 10, 5614 Hood St. For expectant parents. Open to active-duty, retired Soldiers; Families; DOD civilians. For information, call 751-6325.

AUG. 14

Bowling outing

4:30-6 p.m., Century Lanes, 4464 Gregg St. Open to participants in Exceptional Family Member Program.

Back-to-school color run/field day

6-8 p.m., Youth Sports Complex. To register for the color run, call youth sports Director Darius Lane at 751-7451. Open to Soldiers, Families, retirees and DOD civilians.

AUG. 15

5K Run for the Fallen

7:30-10:30 a.m., Darby Field. Free event honoring fallen Soldiers, their Families. Commemorative T-shirts \$10. Register online through Aug. 10 at webtrac.mwr.army.mil/webtrac/Jacksonrectrac.html.

AUG. 16

Feds Feed Families

Chapels on post will collect for the Department of Defense food drive.

Champagne brunch

11-11:30 a.m., Officers' Club. \$14.95 for members; \$19.95 for non-members, guests; \$6.95 for children 4 to 11. For information, call 803-782-8761. For

SEND ALL SUBMISSIONS TO
FJLeader@gmail.com

Deadline for events to be included in Happenings is one week before publication. Include the time, date and place the event will take place, as well as any other information you might deem necessary.

If you submit an article on an event that already has taken place, please send it as soon as possible. Tuesday is the last day we will be able to publish an article for the following Thursday. Include the date and place of the event, as well as a description of what took place. Please include quotations, if possible. With any photo you submit, include IDs — including rank, unit and first and last names.

Questions? Call 751-7045.

reservations, call 751-4906.

AUG. 19

Personal financial-management readiness for first-term Soldiers

8:30 a.m. to 4:40 p.m., Room B-206, Education Center. Mandatory for Soldiers for whom Fort Jackson is the first permanent posting.

AUG. 20

Financial planning for initial PCS move and relocation readiness

9-10:30 a.m., Room B-206, Education Center. Mandatory for junior enlisted Soldiers preparing to change stations for the first time. Class must be taken no later than 90 days before out-processing. Spouses encouraged to attend.

AUG. 24

Starbucks grand opening

5:30 a.m., 5650 Lee Road.

SEPT. 3

Change of responsibility

CW5 Coral J. Jones will relinquish responsibility of the Adjutant General's Corps to CW5 David G. Betancourt at 2:30 p.m. at the U.S. Army Soldier Support Institute Auditorium, Building 10000. Those who wish to attend should RSVP by Aug. 25 to CW3 Charmaine L. Hilliard at charmaine.l.Hilliard.mil@mail.mil or 751-8642.

Fort Jackson Gate Operation Hours

GATE 1:

5 a.m. to 1 p.m. Monday through Friday
3:30 - 6 p.m. Monday through Friday (out-bound only)
Closed on weekends and federal holidays.

GATE 2:

Open around the clock.

GATE 4:

5 a.m. - 8 p.m. Monday through Friday
Closed on weekends and federal holidays.

GATE 5:

5 a.m. to 1 p.m. Monday through Friday
3:30 - 6 p.m. Monday through Friday (out-bound only)
5 a.m. to 8 p.m. Saturday and Sunday.



Leader file photo

Students construct rockets out of PVC tubing, tape and rubber bands during C.C. Pinckney's 2014 STEM Symposium. Members of the Fort Jackson community frequently provide educational materials and mentoring to children enrolled at the school.

Partners in education

C.C. Pinckney, post agencies share in award

BY ROBERT TIMMONS
Fort Jackson Leader

On Fort Jackson, it takes an installation to educate a child.

The national Military Child Education Coalition acknowledged that post-wide partnership on Friday when it awarded C.C. Pinckney Elementary School the prestigious 2015 Lt. Gen. H.G. "Pete" Taylor Partnership in Excellence Award. The annual award recognizes partnerships between military school districts and surrounding institutions.

"The award honors the school and agencies that have worked tirelessly to provide educational programs for military children that reach far beyond the brick and mortar of the school walls," said Kerrie Ammons, Pinckney's speech and language pathologist, and the staff member who submitted a packet for judging.

"The award highlights the school's efforts to collaborate, communicate and provide purposeful teaching to students and families of Fort Jackson."

"It's great (to have won the award)," said former principal Annie Crandle, who retired from Pinckney at the end of the latest school year.

"We want the community to know we are there for them. We want the community to be a part of the school."

Many agencies on post – from the

military police to the commissary – have partnered with Pinckney to help expand the knowledge of schoolchildren on post.

The 282nd Army Band provided an enormous amount of assistance, Crandle said – sponsoring a band camp, playing at assemblies and even acting as mentors after hours.

Warrant Officer Thomas Jackson, commander of the 282nd Army Band, said his unit was proud to have played a "pivotal role for C.C. Pinckney being recognized with such a prestigious award."

"Part of our mission is to provide musical mentorship to school-aged children," he said. Band members volunteered their after-hours time to help students learn.

Crandle said Balfour Beatty Communities helped stock a store at which student nominated under the school's Student Incentive Program could choose prizes for achieving certain goals.

The Fort Jackson Commissary opened its doors so students could use their math skills while selecting grocery items.

Fort Jackson's MP Detachment's military working dogs participated in professional mentorship events with the Directorate of Emergency Services, Fort Jackson Police and the Fire Department at the school.

"It speaks volumes about the school," said Sgt. 1st Class Jason Endres, the non-commissioned officer in charge of



Courtesy photo

Retired Brig. Gen. Robert Gaylord and Thomas Brady, director of Department of Defense Education Activity, flank representatives of C.C. Pinckney Elementary School and the Fort Jackson community at Friday's award ceremony: former principal Annie Crandle, teacher Patty Cleveland, speech pathologist Kerrie Ammons, Warrant Officer Tom Jackson of the 282nd Army Band, and teachers Paula Favor and Evetta Johnson.

the 17th MP Detachment and the father of children who have attended Pinckney, which serves second- through sixth-graders.

Endres said the award showed that

Pinckney was a "quality organization." The dogs were a big hit, too – because "everyone likes animals."

See **AWARD:** Page 14



Photo by KARA MOTISICKY

MWR Director Dan Ahern (in suit) asks garrison commander Col. James Ellerson how post workers will be able to gauge whether or not he is pleased with their work.

Ellerson: 'I'm here to represent you'

BY CHRISTINE SCHWEICKERT
Fort Jackson Leader

Garrison commander Col. James Ellerson introduced himself to Fort Jackson's garrison workforce with 3-by-5 index cards and – quintessentially Army – a PowerPoint presentation.

In two meetings last week in the post theater, Ellerson assured the crowd that “as garrison commander, I’m here to represent you” while also pushing for improvement.

“We want to be known as an Army

Community of Excellence,” Ellerson said. “To me, it seems so obvious (that) I don’t know why I keep saying it.”

Ellerson called for all employees to work as a team and admitted that he had found pockets of interdepartmental animosity on post. Those have to go, he said.

“I have a passion about taking care of people and fixing problems,” he said. “I don’t believe in letting problems linger.”

Ellerson admitted that sometimes, his expression led people to believe he was irritated when he really wasn’t – his face

in repose is just serious.

If that is so, asked Dan Ahern, the ever-cheerful director of Family Morale, Welfare and Recreation, “How can we tell when you’re (really) not happy?”

“You’ll know!” piped up several voices from the audience.

Ellerson finished his solo introduction – very few people asked questions – by asking the audience to fill out file cards noting “3 ups and 3 downs,” three things the garrison does well and three things it could improve.

He promised he would read each one.

Reserve CSM calls for tough retention strategy

BY CHRISTINE SCHWEICKERT
Fort Jackson Leader

U.S. Army Reserve Command Sgt. Maj. Luther Thomas Jr. visited Fort Jackson on Saturday to brief Reservists on the challenges facing them in the coming years.

The biggest challenge? Raising retention without letting troop quality slip, a concern shared by several in the audience.

“We’re not asking you to keep a bad Soldier” in order to pad retention rates, Thomas assured the group.

Instead, he said, Soldiers flagged for overweight or for other issues need to hear: “Here’s a second chance for you, but it’s not an unlimited chance.”

Last year, the Army Reserve began a series of town hall meetings to brief Soldiers on Operation Full-Court Press, an initiative aimed at raising retention in an era of shrinking budgets and increasing demands.

Because the pool of potential recruits has shrunk, the Reserve has placed more emphasis on keeping the troops it has

That causes problems when units are faced with out-of-shape Soldiers. The Reserve stresses that those Soldiers bear individual responsibility for getting into Soldierly shape, but Thomas emphasized that commanders, too, should work alongside them.

“You have ... to ask yourself,” Thomas said, “did you do everything you could to help this Soldier?”



Thomas

“Show compassion to Soldiers who are having issues, but – at the same time – do not ignore standards.”

Such methods would bring changes in other areas, too, such as the rising suicide rate among younger enlistees, who have difficulty with finances and relationships.

The suicide rate nudged up “a little bit” during the latest year reported, he said. Although suicides among active-duty troops declined, they rose from 140 to 152 among

Reservists and National Guardsmen, figures from the Pentagon show.

“One of the things that we don’t do enough is to talk to our Soldiers,” Thomas said. “What I’m asking you to do is get to know your Soldiers ... all those things that non-commissioned officers should know about their Soldiers but they don’t.”

Thomas also addressed other issues:

■ As of Oct. 1, he said, no Reservist will be promoted without first obtaining the requisite training.

■ Social media is a tempting trap, but no Soldier should post something about an Army senior leader that couldn’t be said to that leader’s face.

■ The Reserve is working to foster an “Army ethic” in which “there’s no room for sexual assault, sexual harassment” – a Service in which all Soldiers “feel comfortable talking to their leaders because there’s a trust ... decency and respect.”

About 40 Soldiers attended the meeting. In all, 1,742 Reservists train at Fort Jackson at different times.

First black woman leads Guard regiment

Col. James R. Finley relinquished command of the S.C. Army National Guard’s 218th Regiment to Lt. Col. Renita L. Berry on Saturday. The ceremony took place at the McCrady Training Center.

Berry is the first African American woman to assume a brigade-level command in the S.C. Guard.

Army, Guard miss re-enlistment goals

The active-duty Navy, Marine Corps and Air Force met or exceeded their fiscal year-to-date 2015 accession goals through June, but the active-duty Army missed its goal by 4,696.

The Army logged 38,918 accessions, or 89.2 percent of its goal of 43,614.

Five of the six Reserve components met or exceeded their accession goals. Again, the Army National Guard missed its goal by 3,527.

The Army National Guard logged 32,654 accessions, for 90.3 percent of its goal of 36,181, and the Army Reserve, 20,897 accessions, or 100.6 percent of its goal of 20,773.

Each of the six Reserve components met their fiscal-year attrition goals.

August promotions

Capt. Everline M. Atandi
CW2 Thomas W. Jackson
Sgt. Maj. Christopher McMillian
Master Sgt. Richard E. Bell
Master Sgt. Latresia D. Hawkins
Sgt. 1st Class Cleet M. Anderson
Sgt. 1st Class Justin D. Blackman
Sgt. 1st Class Carlos A. Cordero
Sgt. 1st Class Christopher K. Kimery

Sgt. 1st Class Ivan Martinez
Sgt. 1st Class William D. McLaurin
Sgt. 1st Class Shelby K. Misher
Sgt. 1st Class Betsabe R. Mullen
Sgt. 1st Class Melissa L. Smith
Sgt. 1st Class Janet L. Williams
Staff Sgt. Shawana L. Joiner
Sgt. Theadeous C. Bach
Sgt. Donald L. Faustin
Sgt. Carmen Herron
Sgt. India S. Jonassaint
Sgt. Brandon T. Meyer
Sgt. Kathy Rivas

Information from the Department of Defense News was used in this report.

CORRECTION

The telephone number for the Fort Jackson Inspector General’s Office is 751-3247 (FAIR). An incorrect number was published in the July 31 edition of The Leader.



More from Family & MWR

NEW ITEM AT CENTURY LANES - LARGE PRETZEL ONLY \$1.75!



Available at the Strike Zone Snack Bar. For more info, call 751-4656.

» **Breakfast Buffet at the NCO Club**
Every Thursday (6:30 - 9:30 a.m.)
Featuring delicious breakfast items plus omelet and waffle bar! Only \$7 per person. For info, call 782-2218.

» **Fall/Winter Bowling Leagues**
Sign up now at Century Lanes!
For info, call 751-6138.

» **Savannah Day Trip**
Aug 8 (8 a.m. - 10 p.m.)
Depart from Marion Street Station.
\$19 per person for transportation only.
For info, call 751-3484.

» **Child, Youth & School Services**
Parent Advisory Board Meeting
Aug 11 (12 - 2 p.m.)
At the Joe E. Mann Building
Free event. For info, call 751-4869.

» **Youth Sports Back to School**
Color Run and Field Day
Aug 14 (6 - 8 p.m.)
At the Youth Sports Complex.
Open to ages 3 - 8. Featuring an obstacle course, bounce house, kick ball, games and much more!
First 75 participants get t-shirts and sunglasses. For info, call 751-7451

» **Run for the Fallen 5k Fun Run/Walk**
Aug 15 (race begins at 8 a.m.)
(registration is from 6:30 - 7:30 a.m.)
At Darby Field. Free event.
For info, call 751-3096.

» **Deep Sea Fishing**
Aug 22 (2:30 a.m. - 10 p.m.)
Depart from Marion Street Station.
\$109 per person includes boat ticket, transportation, fishing equipment, and bait. For info, call 751-3484.

» **Alternative Health Fair**
Aug 24 (10 a.m. - 12 p.m.)
At the Solomon Center.
Featuring health exhibits, health screenings, guest speakers, refreshments and a live blood drive.
Free event. For info, call 751-3700.

» **Gary Sinise & the LT Dan Band**
Concert
Sept 5 (7 p.m.) at Hilton Field.
Free event. For info, call 751-6299.

FIRST FRIDAY GOLF TOURNAMENT

AUG 7 • FORT JACKSON GOLF CLUB

Cost: Normal Fees plus \$10 (includes golfing fees, post-tournament meal and prizes.)
Registration: Call the Golf Shop at 787-4437 to register.
Details of tournament: 4-Person, Captain's Choice with Gross and Net Scoring. All teams must have a minimum team handicap of 40 with no one handicap counting more than 20.



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FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS

JACKSON JUBILEE & DES NIGHT OUT

AT THE SOLOMON CENTER
FRIDAY, AUG 7 (3 - 6 P.M.)



Bring your Family and explore your community.

- » Kid's entertainment
- » Family Readiness Groups
- » Unit competitions
- » Door prizes
- » Information about on-post and off-post agencies, organizations and businesses.

For more info, call 751-5444.



FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS

CMYK

BACK TO SCHOOL COLOR RUN AND FIELD DAY



FRIDAY, AUG 14

6-8 PM

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FIRST 75 PARTICIPANTS GET T-SHIRTS AND SUNGLASSES

FOR SOLDIERS

FOR FAMILIES

FOR RETIREES

FOR CIVILIANS



Leader file photo

More than 75 agencies and organizations from Fort Jackson and the surrounding area took part in last year's Jackson Jubilee at the Solomon Center. This year's community information event is scheduled to take place Friday at the Solomon Center.

Jubilee and Night Out to entertain, enlighten Families

BY CHRISTINE SCHWEICKERT
Fort Jackson Leader

Victory will be sweet for the unit that wins the competition for best informational display at Jackson Jubilee/Directorate of Emergency Services Night Out on Friday afternoon – but, perhaps, not as sweet as it was last year.

That's when the 193rd Brigade's Family Readiness Group won the day with chocolate, an idea that originated with the brigade commander's wife.

Col. Milton Beagle already has proclaimed his unit will win the \$150 prize for attendance again this year, as well the trophy for best display.

"I meant to tell them (after the double wins), 'Hey, let's just keep doing the same thing over and over,'" said Marilyn Bailey, event organizer and Army volunteer coordinator. Though other units mounted grand displays, she said, the chocolate was tough to beat.

Jackson Jubilee/DES Night Out isn't intended to be an afternoon of noshing, although some of the organizations and businesses who attend will provide food. The commissary will encore its make-it-yourself sundae display, for example, and other displays promise pizza and candy.

Instead, the event is meant to showcase on- and off-post organizations, primarily so newcomers will get to know their family-readiness contacts before an emergency occurs.

The day will include children's entertainment and will take place from 3-6 p.m., both inside and outside the Solomon Center. The timing is intended to make it easy for people on and off post to attend in time to start their weekends. Nine hundred people attended last year's event, Bailey said.

Inside, guests may register for door prizes and tour displays by about five dozen agencies and organizations – including the 193rd Brigade, whose display this year "will be a little different," promised Maj. Yovana Cardenas.

(But perhaps not that different. Cardenas hinted that cupcakes would be involved.)

Outside, members of Fort Jackson's and the Columbia community's emergency services will provide demonstrations outside the Solomon Center – information on car seat safety, a fire truck and a costumed Sparky the Fire Dog, demonstrations of what happens when one drives drunk, and a sheriff's patrol car.

Demonstrations by law-enforcing K-9s will take place at 4 and 5 p.m., said Sgt. 1st Class Robert Evans of DES.

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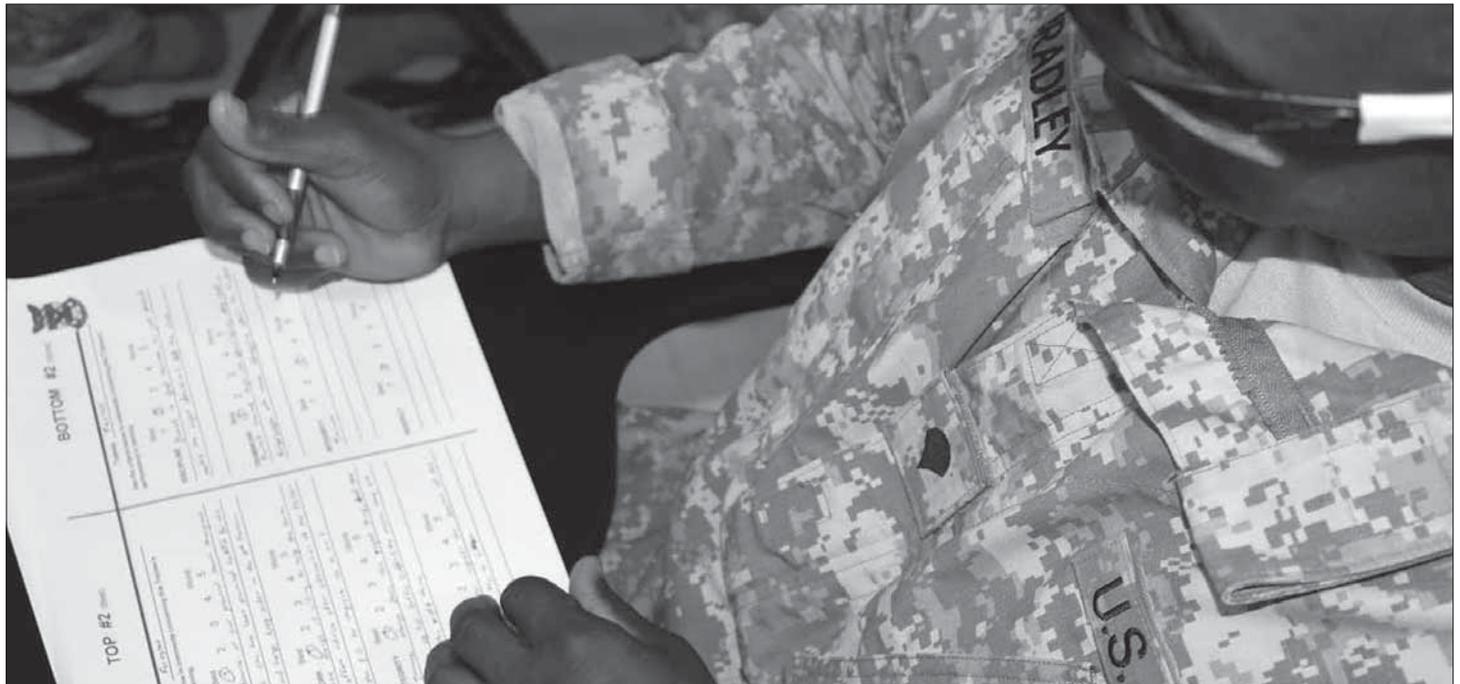


Photo by 1ST LT. MITCHELL A. BLILEY, 193rd Brigade Operations

Spc. Henry Bradley rates his peers on how well they demonstrate loyalty, respect, selfless service and other intangible Army values, as well as on what kinds of warriors he thinks they will make. The assessment has spread from Fort Jackson to other Army posts.

193rd premier peer-to-peer assessment

By 1ST LT. MITCHELL A. BLILEY
193rd Brigade Operations

Basic Combat Training aims to transform civilians into Soldiers by stressing the “Nine Desired Outcomes of a BCT Graduate.”

These include physical fitness, operating under stress and being proficient in warrior tasks – shooting, ruck marching – all objectively tested by such assessments as the Army Physical Fitness Test and rifle qualification.

Other outcomes are more difficult to measure:

- understanding and living by Army Values and the Army’s Warrior Ethos.
- being a proud member of the Army team.
- possessing self-discipline.

Trainees who do not fare well in these three areas because of a lack of assessment do go on to graduate from basic training, to the chagrin of cadre and their peers.

In December 2014, Command Sgt. Maj. Phillip Blaisdell of the 3rd Battalion, 13th Infantry Regiment wondered how these “un-assessables” could be captured and used to create better Soldiers.

He took his ideas to the battalion operations officer at the time, Capt. Grant Wanamaker.

During the next few months, the two – with the approval of the Army Training Center at Fort Jackson – piloted what eventually would evolve into the Warrior Ethos Assessment, an instrument meant to assess each trainee’s transformation into a Soldier who demonstrates the Army Values and Warrior Ethos, and who possesses a character consistent with what the Army requires.

The program has grown from an hourlong session in the bays to a formal process in a professional, classroom environment.

Trainees are instructed to gauge how strongly or weakly their individual squad members demonstrate Army Values. They rank each peer on these intangibles, which can be quite

difficult for cadre members to gauge.

Allowing them to make such assessments gives an “effective, up-close and personal look into the private’s environment,” said Sgt. 1st Class Tameka Williams, a drill sergeant. It gives “a chance for privates to voice how they feel.”

Capt. Brendan Law, commander of Company C for the 3-13th, calls the program a “rehabilitative tool.”

The WEA shines a light on weaknesses drill sergeants don’t pick up but fellow Soldiers do, which provides the cadre with more insight on trainee behavior and affords them an earlier chance at improving a trainee before those shortcomings hinder training.

After each round of assessments, trainees receive individual counseling.

After completing the first round of the WEA following Red Phase, Spc. Jermaine Afuola noticed a sweeping change in her squad. She said squad members discussed the assessment and used it to improve themselves.

“People volunteered and were willing to help out much more after the assessment as opposed to before,” she said. “This change probably wouldn’t have happened without the assessment.”

“Each and every person is trying to be better leaders.”

The cadre also noticed a change after the first assessment – not just at the squad level but at the company level, as well.

Sgt. Connie Johnson noticed a total change in attitude across the company after the first assessment and expects a similar effect after the latest round. A drill sergeant, Johnson thinks the assessment influences trainees to do “the right thing when drill sergeants are not around.”

Blaisdell concurred. The assessment, he said, is “a tool for drill sergeants and also the privates.”

The trainees are afforded the opportunity to see them-

selves through the eyes of their peers. For some, the evaluation is just the spark they needed to adapt to the Army lifestyle.

“It gives them a chance to prove to their peers that they are part of the team,” Blaisdell said.

Peer-to-peer conversations that occur after trainees receive assessment results can be as influential as feedback from their drill sergeants – if not more so.

Trainees come from a wide variety of backgrounds, and some have a difficult time believing “their way” is not the “right way.” Constructive criticism from peers has a way of sticking with trainees who may be more stubborn than others.

The 360-degree nature of the assessment gives trainees an accurate view of how their battle buddies perceive them.

Most are motivated to become more team focused

and to look at themselves a little more critically.

A few, however, do little to change their attitudes and behavior.

Those few lead the cadre to ramp up their attempts to bring out the best in these soon-to-be Soldiers. Sometimes, a change of environment – changing squads or platoons – is all these trainees need. At worst, the assessment becomes one of a number of red flags showing that low-achieving trainees don’t wish to make the transformation from civilian to Soldier.

At the direction of the commanding general of Initial Military Training, WEA is being used at other basic training brigades, such as Fort Benning, Georgia, and Fort Sill, Oklahoma.

It is quickly becoming a standard in basic training, and it all began as an idea piloted on Fort Jackson.

“It gives them a chance to prove to their peers that they are part of the team.”

— Command Sgt. Maj. Phillip Blaisdell
3rd Battalion, 13th Infantry Regiment

Even Soldier moms can breastfeed

By **LISA YOUNG**
Health Educator, U.S. Army Public Health Command

If you're a military mom who wants to keep breastfeeding your baby after you return to duty, be encouraged by the fact that it's the natural way to feed your baby.

Nursing advances your baby's physical and mental growth and development, and it benefits your health.

By breastfeeding until your baby is 6 months old, you:

- Give your baby the best nutrition possible - your milk.

- Save \$100 to \$120 a month on formula.
- May miss less work because breast milk provides natural immunities, which prevent infant illness.
- Establish a bond you share with your baby even when you are apart.
- Get back in shape and lose weight faster. You burn calories when you produce milk. Exclusive breastfeeding burns 300 to 500 calories a day.

Many military moms find breastfeeding difficult when they return to work, and some active-duty mothers do not think it is even possible.

Part of this stems from the working conditions, deployments, lack of time and place to pump breast milk, as well as not being around other breastfeeding women in the military.

It's clear why military and active-duty moms may view breastfeeding tough.



This is **World Breastfeeding Week**, recognized in more than 120 countries to bring awareness to the benefits of breastfeeding for the first six months of a baby's life.

Some suggestions passed on by military moms who have been successful are:

- Make breastfeeding plans before you deliver, i.e. where you will pump during the day and how you will store the milk.
- Provide your supervisor with a memorandum before you have the baby, explaining your breastfeeding plan. If you need additional time over lunch to go feed your baby, ask for approval from your command before you go on maternity leave.
- Enlist the support of unit and community leaders, friends who are mothers, fathers/partners, lactation consultants, pregnancy educators and online support groups.
- Research your installation and community for lactation rooms and electric pumps that you can use.

Healthy People 2020, a federal agency that sets and tracks national health goals, says that breastfeeding pro-

motes public health because our children's health affects the condition of families, communities and the health-care system.

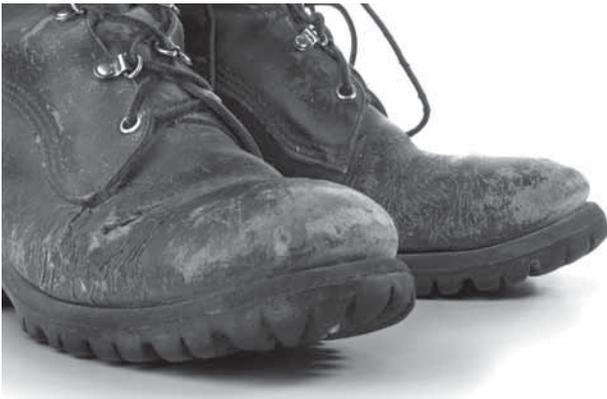
Human breast milk is widely accepted as the most complete nutrition for most infants, with a range of benefits for their health, growth and development. Human milk comprises many nutrients that work together for the healthy, full-term, human infant.

The federal government and many states have laws that protect a woman's right to breastfeed.

The U.S. Department of Health and Human Services Office of Women's Health strongly promotes breastfeeding.

You may find it a challenge to breastfeeding in public – even with the growing awareness – but stay encouraged.

- Here are some tips for breastfeeding in public:
- Slip into a women's lounge or dressing room to breastfeed.
 - Use a special breastfeeding blanket around your shoulders.
 - Wear tops that allow easy access to your breasts.
 - Breastfeed your baby in a sling to make it easier to keep your baby close to you.
 - Practice at home so you can maintain your own personal level of privacy.
 - Nurse your baby before he or she becomes fussy so you have time to get into a comfortable place or position to feed.



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Photos by WALLACE McBRIDE



Fort Bragg's Jontra Bussell, right, connects with Fort Drum fighter Kenny Mendez.



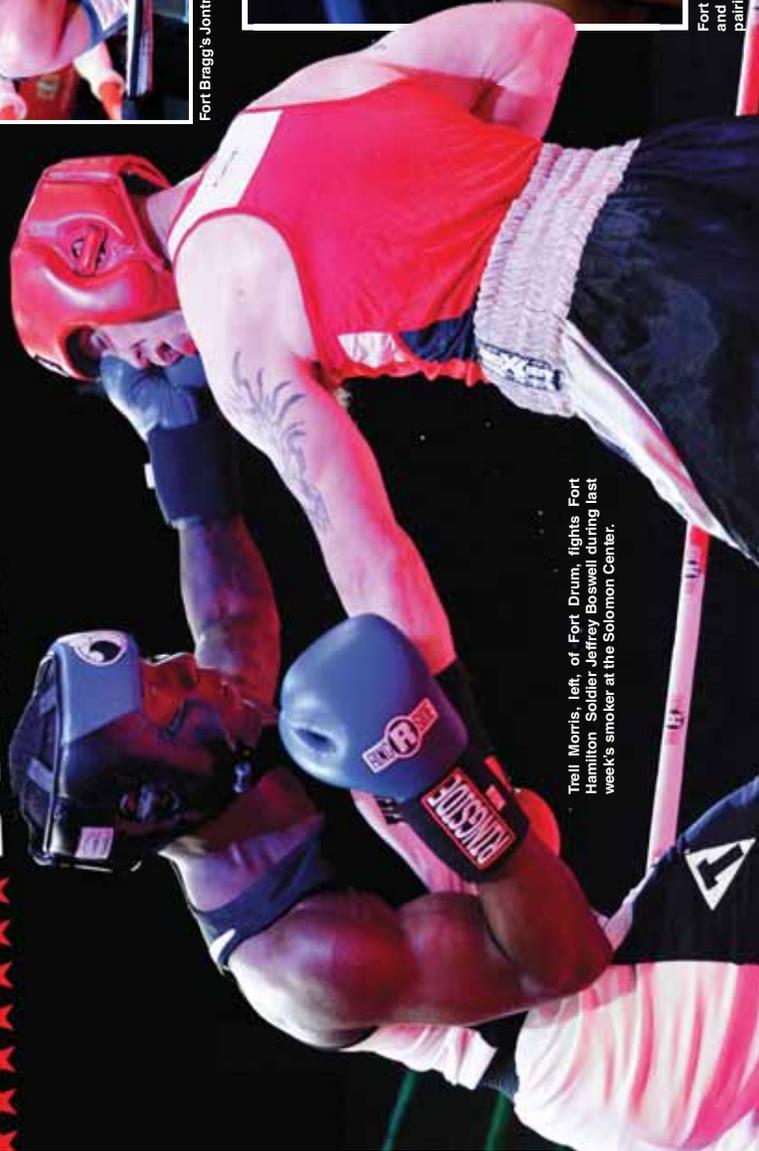
Tyler Thomas, of Fort Jackson, sizes up Fort Drum's Michael Colon at the start of last week's smoker.



Fort Jackson Soldiers Courtney Gaston and Justin Carabello grapple during their pairing at last week's tournament.



Fort Drum Soldiers Jereece Payne and Jeremy Nelson unsuccessfully try to stay out of the way each other's punches.



Trell Morris, left, of Fort Drum, fights Fort Hamilton Soldier Jeffrey Boswell during last week's smoker at the Solomon Center.

Award

Continued from Page 3

The awarding organization also cited as a “best practice” the Math and Reading Prize Patrol program begun by former garrison commander Col. Michael Graese and his wife, Francie. The two would stage surprise visits to schoolchildren’s Families, bringing along bags of reading and math educational materials. Families did not know they had won until a large group of cheering school personnel and Fort Jackson agency representatives arrived on their doorsteps.

The school also worked with Big Brothers/Big Sisters of Columbia and the University of South Carolina Athletics Department.

The Military Child Education Coalition is a non-profit organization whose work focuses on ensuring educational opportunities for military children affected by mobility, family separation and transition.

Lt. Gen. Pete Taylor is past chairman and one of the founders of the coalition. He is now retired.

Coalition Executive Director Mary Keller saluted “the remarkable difference that these (award-winning) schools and military installations are making in the lives of military children.



Courtesy photo

Pictured from left are Warrant Officer Thomas Jackson of the 282nd Army Band; C.C. Pinckney teachers Evetta Johnson and Patty Cleveland; Thomas Brady, director of the Department of Defense Education Activity; band member Spc. Paul Hadwiger; Pinckney speech pathologist Kerrie Ammons; and former Pinckney principal Annie Crandle.

“By partnering in unique and innovative ways, these military and education leaders follow the example set by Gen. Taylor and remind us once again of the impact that we as a community can have on each military child.”

Defense Secretary Ash Carter and Thomas Brady, director of the Department of Defense Education Activity, attended the awards presentation.

Other military installations/schools that have won the award are Holloman Air Force Base, New Mexico, in 2014; Portsmouth Naval Shipyard, Maine, in

2014; Fort Benning Schools, Georgia, in 2012; and Fort Campbell, Kentucky, and Christian Count Schools, in 2009.

Pinckney’s Ammons said the award would boost the school’s motivation to succeed further.

“Recognition gives rise to motivation,” she said.

“Through recognition, people are more motivated to continue building strong partnerships within the community.

“Military Families win.

“Teachers and educators win.

“And Fort Jackson wins.”

Fort Jackson Movie Schedule

3319 Jackson Blvd. PHONE: 803-751-7488

Friday
“Max” (PG-13), 7 p.m.

Saturday
“Terminator: Genisys” (PG-13), 2 p.m.
“Ted 2” (R), 4:30 p.m.

Sunday
“Ted 2” (R), 2 p.m.
“Terminator: Genisys” (PG-13), 4:30 p.m.

Aug. 12
“Ted 2” (PG-13), 2 p.m.
“Terminator: Genisys” (PG-13), 4:30 p.m.

Aug. 14
Magic Mike XXL (R) 7 p.m.

TICKETS
Adult: \$5.50
Child (6 to 11): \$3
3-D TICKETS
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Child (6 to 11): \$5

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- Movie times and schedule subject to change without notice.

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ANNOUNCEMENTS

SCHOOL NEWS

■ Parents who wish to enroll their children at Pierce Terrace or C.C. Pinckney elementary schools for the 2015-2016 school year should do so before the first day of school on Aug. 17.

Pierce Terrace offers pre-kindergarten and first grade and Pinckney, grades two through six. The schools are on post, at 5715 Adams Court and 5900 Chesnut Road, respectively.

Each school will be open 8 a.m. to 4 p.m. daily during the summer. Parents wishing to register their children must provide the following: **A copy of each child's birth certificate**, certified by the Department of Vital Statistics in the state where the child was born. **Current orders and an ID card** for a military sponsor. (If the sponsor is a step-parent, he or she must provide a copy of his/her marriage license, his/her spouse's ID card or a verified DEERS form.) **Proof of each child's immunizations.** **A housing lease agreement** or letter from post housing verifying that the child's family is on the waiting list.

For information, call Pierce Terrace at 803-782-1772 or Pinckney at 803-787-6815.

PARENTS AND FAMILIES

■ Spouses of differing cultures and countries who wish to receive support or make friends should call 751-1124/9770 for information on the foreign-born spouse support group offered by Army Community Services.

■ The Hearts Apart program provides activities for military Family members separated from their Soldiers. For information, call Army Community Services at 751-9770/1124.

■ Parents may receive information on discipline for children 2 to 12 through the 1-2-3 Magic Program developed by Thomas W. Phelan. For information, call Army Community Services at 751-9035/6724/2731.

■ The Exceptional Family Member Program works with civilian and other military agencies to provide activities, Family support and respite care. For information, call Cheryl Jackson-Leysath at 751-5256.

■ Army Family Team Building offers classes in the basics of Army life, as well as personal and professional development. For information, call 751-5256 or visit www.MyArmyOneSource.com, click on "online training" and select the level you want.

■ To participate in the Army Volunteer Corps, call Marilyn Bailey at 751-5444.

■ Survivor Outreach Services gives support to survivors of deceased Soldiers. For information, call Leslie S. Smith at 751-4867.

ENGLISH AS A SECOND LANGUAGE



feds feed families

The Department of Defense and Fort Jackson Commissary are collecting donations for the Feds Feed Families drive to support federal employees in need. The campaign will run until October.

Donors may contribute any kind of nonperishable food but are asked to contribute the following staples, if possible:

- canned fruits (in light syrup or natural juice)
- canned vegetables (low sodium, no salt added)
- multigrained cereals (Cheerios, corn flakes, Grape Nuts, Wheaties)
- grains (brown and white rice, oatmeal, bulgur wheat, quinoa, couscous, macaroni and cheese)
- canned proteins (tuna, salmon, chicken, peanut butter or beans)
- soups (beef stew, chili, chicken noodle, turkey and rice)
- 100 percent juice (all sizes, including juice boxes)
- condiments (tomato-based sauces, light soy sauce, ketchup, mustard, salad dressing, oils)
- snacks (individually packed snacks, crackers, trail mix, dried fruit, granola or cereal bars, pretzels, sandwich crackers)
- baking goods (flour, sugar, baking powder, baking soda, spices, boxed mixes)
- hygiene items (diapers, deodorant, feminine products, toilet paper, facial tissue, soap, toothpaste, shampoo)

■ Those needing basic language instruction may take part in classes offered by Army Community Services. Classes are open to all ID cardholders and DOD employees. For information, call 751-1124, or email miranda.o.broadus.civ@mail.mil.

EMPLOYMENT READINESS

■ Army Community Service offers classes in the Microsoft Office Suite for military spouses looking for employment. Classes through the LearnKeys self-paced online program include instruction in Microsoft Word, Excel, PowerPoint, Outlook and Access. The program is available for current military spouses, as well as surviving spouses. Call 751-5256 for information.

SPORTS

FALL SPORTS

Registration for FMWR fall sports has opened:

Fall soccer – ages 2 to 5, \$20; ages 6 to 16, \$40. Registration through Aug. 21.

Fall cheerleading – ages 3 to 5, \$20; ages 6 to 12, \$40. Registration through Aug. 21.

Flag football – ages 4 and 5, \$20; ages 6 to 8, \$40. Registration through Aug. 21.

Cross-country – ages 7 to 14, \$40. Registration through Aug. 28.

Call 751-7451 for more information.

AROUND POST

QUARTERLY SHRED DAY

■ The Fort Jackson Recycling Center will hold its quarterly Shred Day from 9 a.m. to 2 p.m. Aug. 26. All types of paper with sensitive information will be accepted. The center is at 5671 Lee Road, between Popeyes and the Auto Craft Shop. For additional information, call 751-4208.

EXCHANGE NEWS

The Army & Air Force Exchange Service will match state sales tax discounts on select back-to-school items, such as clothing, footwear and other school-related supplies. In South Carolina, "tax-free weekend" is Friday through Sunday.

■ Three Army & Air Force Exchange Service shoppers will win a trip for four to the SeaWorld or Busch Gardens park of their choice, a prize package that includes round-trip airfare and accommodations worth \$4,450. The giveaway, sponsored by SeaWorld and Coca-Cola, is part of the Exchange's Because of You program, a yearlong effort to recognize and reward Service members for their sacrifice and dedication. Shoppers may enter the contest at www.shopmyexchange.com/

Because of You through Aug. 31. Three entries will be chosen at random to receive the prizes. Winners will be notified no later than Sept. 19.

■ The Army & Air Force Exchange Service has extended its layaway program until Aug. 31 to include computers for students. A \$3 service fee and a 15 percent deposit will hold items. Visit customer service for details.

COMMISSARY NEWS

■ Kellogg's Fuel Up for School event will take place until Aug. 19, with chances to win \$100 Visa gift cards, Monster headphones, free music downloads, \$4 off Crayola school supplies and other high-value coupon offers. Kellogg's also will donate 5 cents per box for every Kellogg's or Keebler item purchased through Aug. 31, to a limit of \$50,000. See in-store displays for details.

■ Kraft is offering the Backpack of Savings promotion until Sept. 6, an in-store opportunity for patrons to win a backpack filled with \$65 of back-to-school essentials. In-store displays and coupons will be available.

■ Mid-August through Sept. 30, the Fort Jackson Commissary will provide shoppers with deals on bulk items such as cereals, breakfast bars, chips, beverages and paper goods.

THRIFT SHOP NEWS

■ The Fort Jackson Thrift Shop will accept summer clothing through Aug. 27 and begin receiving winter clothing Sept. 8. Those who have Halloween items they no longer need may bring them in Oct. 15-22. The Thrift Shop is at 4713 Lee Road at the Mini Mall. Call 803-787-2153 for information, or visit 9 a.m. to 5 p.m. Tuesdays and Wednesdays, or 9 a.m. to 3 p.m. Thursdays. Consignment hours are 9:30 a.m. to 12:30 p.m. Tuesdays through Thursdays, and bookkeeping hours, 9 a.m. to 1 p.m. Tuesdays and Thursdays.

EVENTS

PALMETTO CAPITAL CITY CLASSIC

■ Soldiers interested in attending the Sept. 5 Palmetto Capital City Classic, which will pit the Benedict College Tigers against the S.C. State University Bulldogs on the football field, should request tickets from their units. A color guard and the 282nd Army Band will attend, and commander Maj. Gen. Roger Cloutier will toss the coin to begin the game. Buses will take Soldiers to and from the game.

AG ASSOCIATION BREAKFAST

■ The Adjutant General's Corps Regimental Association, Carolina Chapter, fourth-quarter general membership breakfast will be 7-8:30 a.m. Sept. 10 at the NCO Club. Cost is \$10. Guest speaker will be Sgt. Maj. Kinzell Hendricks, adjutant general propo- nency sergeant major. For tickets, call Mrs. Johnson at 751-3014.

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SUNDAY: 4:30PM - 9:30PM

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3. Providing financial or other material support to a terrorist organization or to someone suspected of being a terrorist.
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6. Repeated browsing or visiting internet websites that promote or advocate violence directed against the United States or U.S. Forces, or that promote international terrorism or terrorist themes without official sanction in the performance of duties.
7. Expressing an obligation to engage in violence in support of international terrorism or inciting others to do the same.
8. Purchasing bomb making materials or obtaining information about the construction of explosives.
9. Active attempts to encourage others to violate laws, disobey lawful orders or regulations, or disrupt military activities.
10. Family ties to known or suspected international terrorist or terrorist supporters.



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To reach the Nurse Advice Line, call 1-800-TRICARE (1-800-874-2273) toll free and choose option 1. The line is accessible all day, every day to those in the United States.

For more information — and to see the kinds of questions you will be asked when you call — visit www.TRICARE.mil.

ANGLICAN/LITURGICAL

Sunday
8:30 a.m., worship, Bayonet Chapel
(Communion observed every Sunday.)

CATHOLIC

Sunday
■ 7:30 a.m., Sacrament of Reconciliation, Solomon Center
■ 8 a.m., Mass, Solomon Center
■ 10:30 a.m., Reconciliation (after Mass or by appointment), Main Post Chapel
■ 11 a.m., Mass, Main Post Chapel

Monday through Thursday, first Friday
11:30 a.m., Mass, Main Post Chapel

Wednesday
7 p.m., recitation of the Rosary, Main Post Chapel

CHURCH OF CHRIST

Sunday
11:30 a.m., worship, Anderson Street Chapel

ISLAMIC

Sunday
8-10 a.m., Islamic studies, Main Post Chapel

Friday
12:45-1:30 p.m., Jumah services, Main Post Chapel

JEWISH

Sunday
■ 9:30-10:30 a.m., worship, Memorial

Chapel
■ 10:30-11:30 a.m., book study, Post Conference Room

LATTER-DAY SAINTS

Sunday
9:30-11 a.m., worship, Anderson Street Chapel

Wednesday
■ 3-5 p.m., LDS family social, Anderson Street Chapel
■ 7-8 p.m., LDS scripture study, Anderson Street Chapel

PROTESTANT

Sunday
■ 9 a.m., service, McCrady Chapel (SCARNG), McCrady Training Center
■ 9:30 a.m., Hispanic service, Magruder Chapel
■ 9:30 a.m., service, Main Post Chapel
■ 9:30 a.m., Chapel Next Bible study, Bayonet Chapel
■ 10:30 a.m., gospel worship service, Daniel Circle Chapel
■ 10:45 a.m., Sunday School, Main Post Chapel
■ 11 a.m., service, Memorial Chapel
■ 11 a.m., Chapel Next, Bayonet Chapel
■ 5-6:30 p.m., youth group, Chaplain Family Life Center

Monday
7 p.m., men's Bible study (PMOC),

Chaplain Family Life Center

Wednesday
7 p.m., gospel Bible study, Daniel Circle Chapel

Thursday
11:45 a.m. to 12:30 p.m., Fresh Encounter Bible study, Chaplain Family Life Center

ADDRESSES, PHONE NUMBERS

Anderson Street Chapel, 2335 Anderson St., 751-7032
Bayonet Chapel, 9476 Kemper St., 751-6322/4542
Chaplain Family Life Center, 5460 Marion Ave. (parking lot side), 751-4961
Daniel Circle Chapel, 3359 Daniel Circle (corner of Jackson Boulevard), 751-1297/4478
Education Center, 4581 Scales Ave.
Installation Chaplain's Office, 4475 Gregg St., 751-3121/6318
McCrady Chapel (SCARNG), 3820 McCrady Road (at McCrady Training Center)
Magruder Chapel, 4360 Magruder Ave., 751-3883
Main Post Chapel, 4580 Scales Ave., 751-6469/6681
Memorial Chapel, 4470 Jackson Blvd., 751-7324
U.S. Army Chaplain Center and School, 10100 Lee Road
Warrior Chapel (120th Adjutant General Battalion), 1895 Washington St., 751-5086/7427

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Attractive patio home LR, DR, Kitchen, 3BR/2BA, separate large office. \$950/month, \$950/security deposit, 1 year lease. NO Pets. Available now. Call 803-788-7528.

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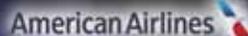
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