

THURSDAY, AUGUST 28, 2014

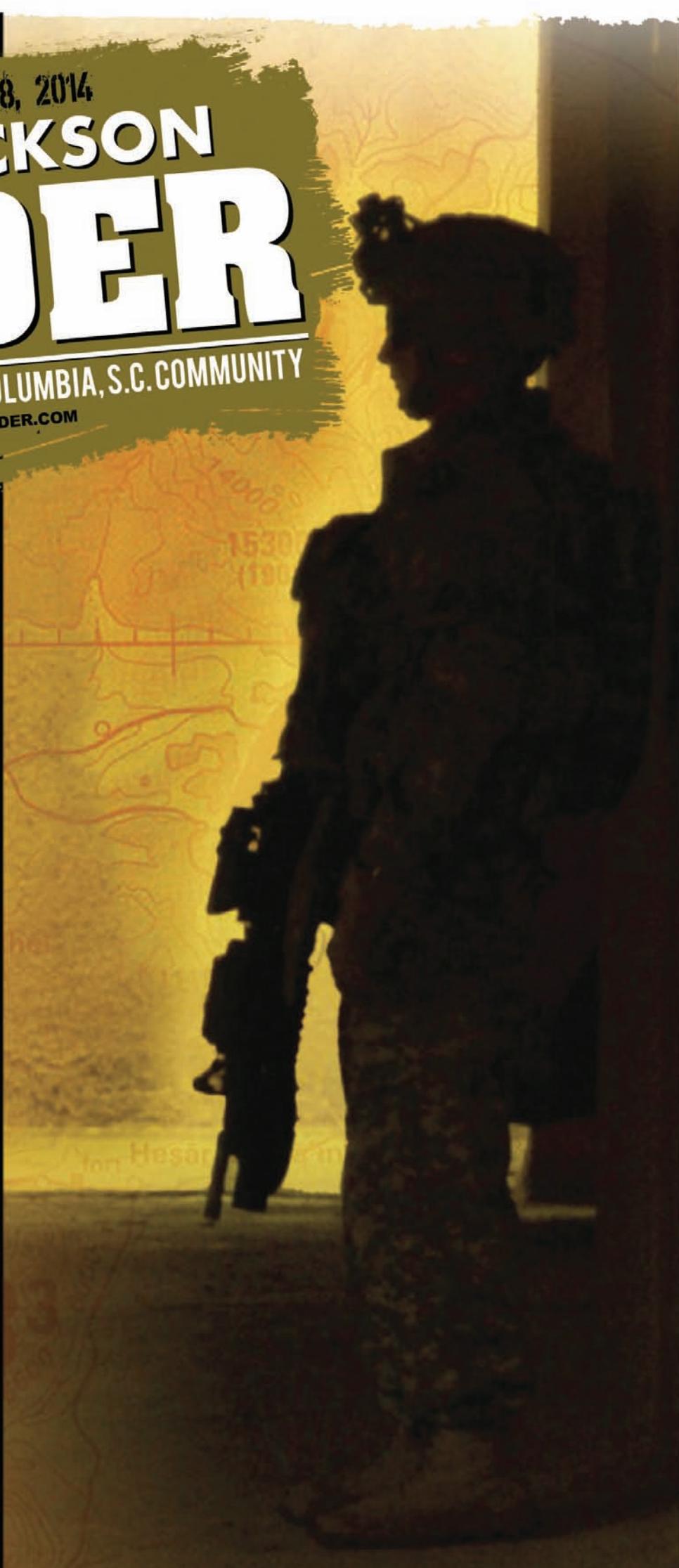
# THE FORT JACKSON LEADER

PUBLISHED FOR THE FORT JACKSON / COLUMBIA, S.C. COMMUNITY  
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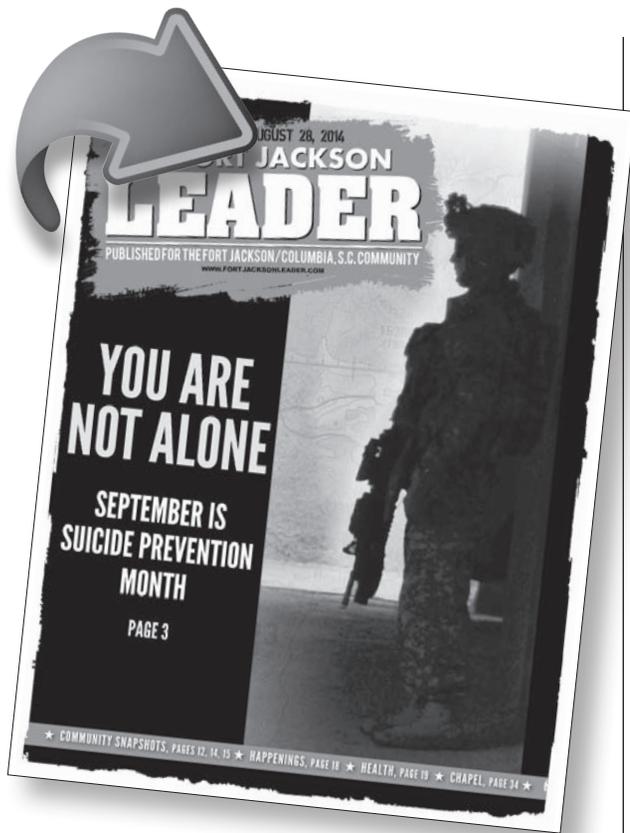
## YOU ARE NOT ALONE

### SEPTEMBER IS SUICIDE PREVENTION MONTH

PAGE 3



# OP-ED



## ON THE COVER

U.S. Army photo

September marks Suicide Prevention Month. A number of events are scheduled for the Fort Jackson community. **SEE PAGE 3.**

**Fort Jackson, South Carolina 29207**

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### National Suicide Prevention Week, World Suicide Prevention Day and Army Suicide Awareness Month 2014

*Enhancing Resiliency – Strengthening Our Professionals*

Our Soldiers, Civilians and Families remain our strength, demonstrating unparalleled skill and professionalism as they support our great Army and defend our Nation. While our commitment to them extends year-round, we call special attention to our ongoing efforts to build individual resiliency skills during the Army's observance of Suicide Awareness Month. This year's theme, "Enhancing Resiliency – Strengthening Our Professionals," reinforces our pledge to not only build resilience, but to support those in need - enhancing performance, increasing readiness and building a stronger force.

We are committed to reducing the number of suicides in our ranks and believe that our Ready and Resilient Campaign is effectively providing Soldiers and leaders important tools in that mission. We challenge every member of the Total Army Family to seek training opportunities, use available services and resources and continue to develop skills which build personal resilience and lead to positive outcomes during periods of increased stress.

This September, in support of the Ready and Resilient Campaign, leaders across the Army should assess their units and engage in events and training to foster a climate of trust that supports help-seeking behaviors. Leaders must set the conditions for enduring culture change in our profession by being interveners instead of bystanders and by living the Army Values daily. Additionally, leaders must bolster resiliency through education and through training and awareness activities. These include training in Comprehensive Soldier and Family Fitness, prevention of sexual harassment and assault, suicide prevention, assessments and intervention techniques and activities that support stigma reduction.

We have an immense opportunity and responsibility to shape the Army of the future. Our Army is already strong, and by working together, we can be even stronger. We will continue to strengthen our profession by holding ourselves and each other accountable and by empowering those around us to build a culture of resilience. Army Strong!

Raymond F. Chandler, III  
 Sergeant Major of the Army

Raymond T. Odierno  
 General, United States Army  
 Chief of Staff

John M. McHugh  
 Secretary of the Army

## LETTERS

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

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# 'Suicide affects everyone'

## Post schedules events for Suicide Prevention Month

By **ANDREW McINTYRE**  
Fort Jackson Leader

The Army has designated September as Suicide Prevention Month to address the issue within its ranks and join the nation in observing National Suicide Prevention Week, Sept. 10-14 and Suicide Prevention Day, Sept. 10.

Suicide is always a tragedy and typically effects more people than just the victim, said Laly Rodriguez, Suicide Prevention Program manager.

"Suicide affects everyone, especially the family and units," she said.

Rodriguez said the Army reported a total of 207 confirmed suicides last year. As of press time, the number in 2014 stands at 148. These numbers include active duty, National Guard and Reserve Soldiers.

Rodriguez said suicide prevention is a year-round effort, though.

"Suicide prevention is an ongoing process for me, it is imperative to re-educate our Soldiers, civilians and families regarding the importance of resiliency throughout the

entire year," Rodriguez said. "I am a firm believer that if we provide a variety of trainings and education regarding high risk factors, the incidents of suicide ideations and attempts will decrease."

She emphasized that, in her opinion, a combination of training, open communication and removing the stigma attached to mental health is the most effective method to reduce the number of suicides.

The Army has a number of suicide prevention programs available to Soldiers, civilians and family members through Military OneSource, Army Community Service and military family and life counselors.

"Each Soldier should receive "Ask, Care, Escort," or ACE, training," Rodriguez said. "We also provide Applied Suicide Intervention Skills Training on a monthly basis for Soldiers and civilians. We have behavioral health (counselors), chaplains and the Suicide Prevention Program. All these programs offer coping skills training that can aim Soldiers to manage life's stressors."

In an effort to emphasize the importance of the year-long campaign, the post has many events planned throughout September to raise awareness.

Tuesday, Fort Jackson senior leaders will distribute ACE cards at gates 1 and 2. ACE encourages Soldiers to question any Soldier who is showing signs of possible suicidal behavior.

Information booths will be set up on Sept. 5 at the Main Exchange and Sept. 12 at Moncrief Army Community Hospital.

Andrew O'Brien, who served in the Army from 2007 to 2011, will share his personal story as a person who survived a suicide attempt with Fort Jackson Soldiers and employees Sept. 26 at 10 a.m. and Sept. 29 at 2 p.m. at the Solomon Center.

South Carolina suicide prevention organizations and agencies will have a table at the Solomon Center on Sept. 26 and Sept. 29 to raise awareness for suicide prevention off post.

For more information about suicide prevention, contact the Suicide Prevention Office at 751-7294.

People in crisis should call the National Suicide Prevention Lifeline at 800-273-TALK (8255). Press 1 for the Military Crisis Line.

*Andrew.R.McIntyre.civ@mail.mil*



Photo by WALLACE McBRIDE

### AG School welcomes new commandant

Brig. Gen. Paul Chamberlain, second from left, commanding general of the Soldier Support Institute, passes the colors of the Adjutant General School to Col. Jack Usrey during a Change of Commandant ceremony Aug. 21 at the SSI. Usrey previously served as the personnel officer for III Corps at Fort Hood, Texas. He replaces Col. Todd Garlick.

# Combined Federal Campaign launches

By **ANDREW McINTYRE**  
Fort Jackson Leader

It may not be viral on social media, but it's a well known movement across the nation for many nonprofit organizations.

Since the early 1960s, federal employees have participated in the Combined Federal Campaign, a program that gives federal employees the opportunity donate pre-tax dollars to a charity of their choosing.

Monday, the Midlands area Combined Federal Campaign kicked off at the Fort Jackson Officers' Club. More than 60 people attended the event. Local and national nonprofit organizations set up information booths for employees to learn more about their causes.

This year's campaign theme is "Give for Good." The campaign will officially begin Sept. 1 and will end Dec. 15.

Maj. Gen. Bradley Becker, Fort Jackson's commanding general, said that last year the post raised about \$360,000 and that he believes the number will be higher this year.

"This is our opportunity to give a little bit so that others can benefit," Becker said. "We talk about putting others' needs before our own — this is another opportunity to show it through our actions. Even if we don't personally benefit from it."

Becker recounted a story of a Soldier under his command early in his career who was shot in the head and was critically wounded. He was not expected to live, but pulled through with the help of a charity that helped provide care for him and his family.

The guest speaker for the event was Mike Gray, vice president of resource development for the United Way of the Midlands. Gray has served with the



Photo by ANDREW McINTYRE

**Mike Gray, vice president of resource development for the United Way of the Midlands, addresses attendees of the Combined Federal Campaign launch event Monday at the Officers' Club. The CFC runs through Dec. 15.**

organization for more than 30 years.

"We have to look beyond charity and look at change," Gray said. "In the Richland/Lexington area we have about 50,000 people who do not have access to health care."

Gray spoke about the impact CFC donations have on local charity events called "SC Mission 2014 Midlands," which was a two-day event that provided

free medical and eye care for those in need in the Midlands area.

"One of things that is so great about this program is that we have three area hospitals that are saying we are in this thing," Gray said. "We are now moving to a health collaborative that is going to occupy the second floor of the Richland County Health Department and offer free medical, optometric and dental services.

We are really excited about that because those are the kind of things your CFC dollars are doing,"

Gray said the entire campaign is based on choice and that he would like federal employees to remember that they make a living by what they give to others and make a life out of what they give to others.

*Andrew.R.McIntyre.civ@mail.mil*

## Labor Day Gate Hours

### Gate 1

- Closed

### Gate 2

- Open around the clock

### Gate 4

- Closed

### Gate 5

- 5 a.m. to 1 p.m., inbound and outbound traffic
- 3:30 to 6 p.m., outbound traffic

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Photos by WALLACE McBRIDE

Lt. Col. Bryan Hunt, commander of the 1st Battalion, 13th Infantry Regiment, addresses Soldiers during the rite of passage ceremony outside company headquarters early Friday morning. The event recognized that the Soldiers had met their graduation requirements for Basic Combat Training.

# How I spent my summer vacation

## Teenagers become Soldiers while still in high school

By WALLACE McBRIDE  
Fort Jackson Leader

As the sun rose Friday morning, more than 1,000 men and women participating in Basic Combat Training at Fort Jackson took their final steps toward becoming professional Soldiers.

The 10-week course culminated that morning in a 16-kilometer foot march, followed by a rite of passage ceremony outside the 1st Battalion, 13th Infantry Regiment headquarters. The warm summer weather prompted a change in the proceedings, though, which traditionally involve a bonfire. Battalion leaders still took the time to impress upon the new Soldiers the significance of their accomplishments, as well as the importance of not losing sight of their new roles in the Army.

The rite of passage was a sign that all of the Soldiers involved had met their graduation requirements. For some, the ceremony arrived much earlier than a much more common milestone — high school graduation. A handful of Soldiers graduating this week had enlisted through the Army's split option program, which allowed them to take part in Basic Combat Training during the summer break between their junior and senior years of high school.

"I think it's pretty phenomenal," said Lt. Col. Bryan Hunt, 1-13th commander. "They're going to take their whole summer vacation and do something that most Ameri-

cans won't do in their entire lives."

It's not just a matter of emotional maturity for these teens, he said. For some of them, Basic Combat Training also represents the first time they've had to test the limits of their physical endurance.

"Some of these kids hadn't run a mile before they came here," Hunt said. "We asked them on their second day to do a minute of pushups, a minute of situps and to run a mile."

"It was not as bad as it could have been," said Pvt. Lauren Schroeder, 17, of Pennsylvania. "I have a really great drill sergeant, and my battle buddies really helped me through and wouldn't let me quit. I'm really proud of myself for staying here the whole time."

Pvt. Katelyn Caskey, a 17-year-old rising high school senior from Kentucky, said she joined the Army to get a head start on her career.

"This way, I get a head start on my peers and succeed more in life," she said. "I'm missing a month and a half of school and, when I get back, I'm going to have to make that up. It's going to be hard, but I think I can do it."

She said her experiences this summer will give her an advantage in her final year of high school.

"I'm probably going to be more disciplined than I was before," Caskey said. "I think my problem will be trying not to say 'latrine' and 'drill sergeant' when I get back to school."



Soldiers stand at ease outside 1st Battalion, 13th Infantry Regiment headquarters following an early morning foot march that stretched 16 kilometers.

Pvt. Rose Corter, 17, of Florida, said that taking part in the split option program was about building on her family's accomplishments.

"The Army is going to give me the education that I need, but it also sets up my future," she said. "My family hasn't had very much education to go anywhere in life. I want my kids to have a really good childhood, so I chose this."

Schroeder also said she has her eye on higher education.

"I wanted the benefits of schooling," she said. "When I go back to school, I'll be a senior. Then I just have Advanced Individual Training, and after that I'll be going to col-

lege with all my Army benefits."

Whereas many Soldiers graduation from Basic Combat Training were focused on the near future, Pvt. Stephany Pascual, 17, of Nevada, was already making plans for retirement.

"I plan on going to college after high school to become an officer in the Army, going for active duty and hopefully retire after 20 years or more," she said. "I joined the military as soon as I could to not only make my family proud, but to be able to have a career as a young adult, retire young and represent my generation. My parents are really proud of me."

Milton.W.McBride3.ctr@mail.mil

# Updating EFMP enrollment boosts readiness

By **FELICIA JOHNSON**

*Exceptional Family Member Program*

The Exceptional Family Member Program, or EFMP, is a mandatory enrollment program that works with military and civilian agencies to provide comprehensive and coordinated community support; and housing, educational, medical and personnel services to families with special needs.

An exceptional family member is defined as a family member with any physical, emotional, developmental or intellectual disorders that require special treatment, therapy, education and counseling services. Adults and children who are dependents of active-duty Soldiers; Reserve Soldiers on active duty for more than 30 days; or Army National Guard Soldiers serving under authority of Title 10 or Title 32 of the United States Code are eligible.

The EFMP may be deemed confusing and nonessential until a new assignment brings to light the importance of family well-being and Army mission readiness.

For the past several months, Army Community Service EFMP and EFMP medical personnel have been informing leaders and their Soldiers about the relevance of a current



EFMP enrollment for the Soldier's military assignment. To this day, many families who need to be enrolled are not enrolled in EFMP, and many enrollments are not up-to-date. Once a Soldier has enrolled into EFMP, an update

is required every three years or whenever any substantial changes to their family member's needs arise. Soldiers can update their EFMP enrollment at Moncrief Army Community Hospital, Room 8-36, or by calling 751-2505.

Soldiers need to update their enrollment so that Human Resources Command makes assignments based on not only a Soldier's career needs, but also the family member's current special needs. If a Soldier's outdated enrollment reflects medical or education information that does not capture the current status of the Soldier's special needs family member, incorrect assignment coordination may result. In the nominative phase of the Soldier's assignment, current EFMP enrollment allows HRC personnel to match the family member's special needs with the gaining command's available services. Identifying special needs is critical to appropriate assignment coordination and the continuity of medical and educational services.

Army Community Service also works with Soldiers and their family members by providing information and referral, advocacy assistance, referral to support groups, medical providers, housing assistance and respite care. Soldiers who have family members with special needs are encouraged to visit the ACS EFMP office in the Strom Thurmond Building, Room 120 or to call 751-5256.

## News and Notes

### 9/11 REMEMBRANCE

A wreath-laying ceremony to commemorate the lives lost during the 9/11 attacks is scheduled for 11 a.m., Sept. 11 in front of Post Headquarters.

### FACEBOOK TOWN HALL MEETING

The next garrison Facebook town hall meeting is scheduled from noon to 1 p.m., Sept. 17. Community members may submit questions to garrison directors and staff via Facebook or via email. Log on to Facebook and search for "U.S. Army Garrison Fort Jackson, SC." Email questions to *usarmy.jackson.93-sig-bde.list.jackson-dptms-townhall@mail.mil*. Email questions will

be accepted starting Tuesday.

### HISPANIC HERITAGE MONTH

A luncheon in observance of Hispanic Heritage Month is scheduled from 11:30 a.m. to 1 p.m., Sept. 19 at the NCO Club. The theme is, "Hispanics: A legacy of history, a present of action and a future of success." Tickets cost \$10.50. For more information, contact your unit equal opportunity leaders or the Equal Employment Opportunity Office..

*Information subject to change.  
To submit an announcement, email [fjleader@gmail.com](mailto:fjleader@gmail.com).*

### LEGAL NOTICE

Anyone with debts owed to or by the estate of Staff Sgt. Christopher M. Hall must contact Capt. Alex Creammer, the summary court martial officer for the Soldier. Hall passed away Aug. 9 in Greenville. To contact Creammer, call 751-0907 or email *Alexander.J.Creammer.mil@mail.mil*.

## Reel Time Theaters

*We're saving a seat for you.*

### Ft. Jackson Movie Schedule

PH (803)751-7488

Adult \$5.50/Child (6-11): \$3.00

3D: Adult \$7.50/Child (6-11): 5.00

3319 Jackson BLVD

\*\*Ticket sales open 30 minutes prior to each movie\*\*

\*Movie times and schedule are subject to change without notice\*

Friday August 29  
**Dawn of the Planet of the Apes** (PG-13) 7 p.m.

Saturday August 30  
**Lucy** (R) 1 p.m.  
**Guardians of the Galaxy** (PG-13) 4 p.m.

Sunday August 31  
**Guardians of the Galaxy** (PG-13) 1 p.m.  
**Hercules** (PG-13) 4 p.m.

Wednesday September 3  
**Guardians of the Galaxy** (PG-13) 1 p.m. 2h 1m  
**Lucy** (R) 4:30 p.m. 1h 39m

Friday September 5  
**Guardians of the Galaxy** (PG-13) 7 p.m. 2h 1m

Saturday September 6

**The Purge: Anarchy** (R) 1 p.m. 1h 43m  
**Into the Storm** (PG-13) 4 p.m. 1h 19m

Sunday September 7

**Into the Storm** (PG-13) 1 p.m. 1h 19m  
**Get On Up** (PG-13) 4 p.m. 2h 19m

Wednesday September 10

**Guardians of the Galaxy** (PG-13) 1 p.m. 2h 1m  
**Lucy** (R) 4:30 p.m. 1h 39m

Friday September 12

**Step Up: All In** (PG-13) 7 p.m. 1h 52m

Saturday September 13

**Lucy** (R) 1300 1h 39m  
**Teenage Mutant Ninja Turtles** (PG-13) 4 p.m. 1h 41m

Sunday September 14

**Teenage Mutant Ninja Turtles** (PG-13) 1 p.m. 1h 41m  
**The Hundred Foot Journey** (PG) 4 p.m. 2h 2m

Wednesday September 17

**Guardians of the Galaxy** (PG-13) 1 p.m. 2h 1m  
**Teenage Mutant Ninja Turtles** (PG-13) 4:30 p.m. 1h 41m

Friday September 19

**Teenage Mutant Ninja Turtles** (PG-13) 7 p.m. 1h 41m

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Susan Buol, right, an athletic trainer with the physical therapy team at Moncrief Army Community Hospital, explains therapeutic exercises to Anne Sidwell during the Alternative Health Fair Monday at the Solomon Center. The fair featured 30 on- and off-post exhibitors, who explained their services at interactive booths, and six presenters who gave presentations in classrooms. The event also featured a tea room where attendees could learn about the properties and benefits of herbal teas; Tai Chi demonstrations; acupuncture trial sessions; and information about nutrition. More than 250 people attended the fair.

Photos by Susanne Kappler

# Fair showcases natural health

By **SUSANNE KAPPLER**  
Fort Jackson Leader

More than 250 people came to the Solomon Center Monday to attend Fort Jackson's inaugural Alternative Health Fair. The fair included 30 exhibitors and six presenters who introduced alternative and natural ways to increase health such as acupuncture, Tai Chi, mindfulness and other holistic approaches.

Pam Long, FMWR fitness programmer who organized the event, said her goal was to showcase different styles at the health fair.

"I believe people want to know more about alternative and natural health approaches to help manage their own health," Long said. "People do not always want a prescription or surgery. That does not mean both do not matter. And it does not mean they aren't sometimes necessary. But if there is another option that is less invasive, people want to know and possibly explore the option."

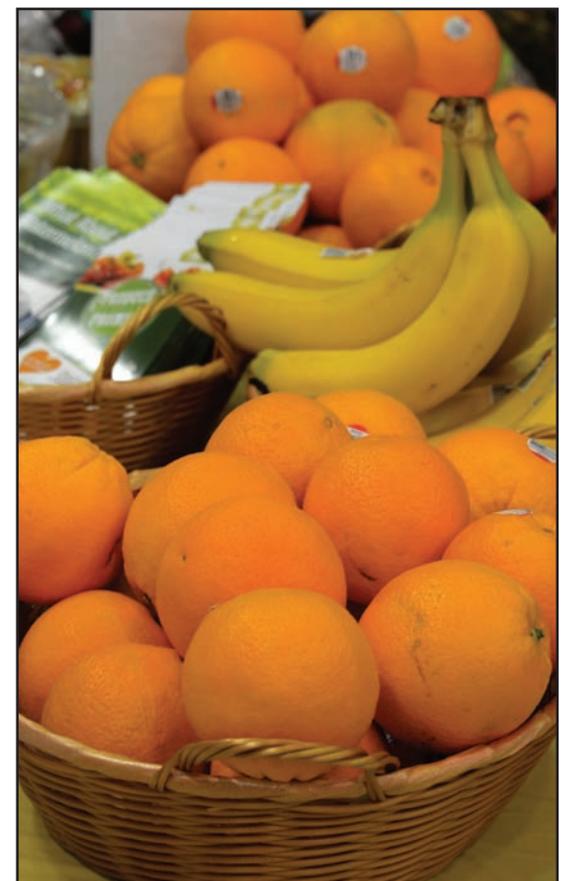
Long said she was very pleased with the turnout and how engaged people were in every exhibit. She said she's already planning next year's event.

"Definitely, this is an annual event," she said. "We are scheduled to hold it next year on Aug. 24, 2015 from 10 a.m. to 2 p.m."

*Susanne.Kappler1.ctr@mail.mil*



Wilfredo Solis, station manager of the Fort Jackson Red Cross, gives blood during the Alternative Health Fair.



Healthful food and drink options are on display at the Alternative Health Fair.



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Courtesy photos

Soldiers with the 165th Infantry Brigade travel to the Chickamauga National Military Park in Georgia for a staff ride.

# 165th Soldiers apply military history

## 165th Infantry Brigade

Officers and noncommissioned officers of the 165th Infantry Brigade traveled to the Chickamauga battlefield in Georgia last week for a three-day staff ride as part of the brigade's leader development program.

The purpose of the staff ride was for the Soldiers to study the famous Civil War battlefield and gain insight into their own military profession. For two days, the members of the Lightning Brigade conducted briefs on various aspects of the two Civil War armies and toured the grounds of the battle that occurred in September 1863.

The tour was supported by two instructors from the Combat Studies Institute at Fort Leavenworth, Kansas, specializing in military staff rides.

Col. Bryan Hernandez, the 165th commander explained the purpose of the trip.

"The intent of the trip was to allow our leaders to study a famous battle, look at decisions made by the Civil War military leaders and how they influenced the outcomes of the conflict, study the impacts of terrain on tactical operations and look at the impact of technology, tactics and mission command," Hernandez said. "These are all critical factors in our professional development, and the staff ride provides us a venue to reflect on the past in our preparation for the future."

First Lt. Christel Sacco, the brigade's intelligence officer, said the staff ride was educational on many levels.

"The Chickamauga battlefield staff ride was a sobering, educational experience," Sacco said. "Not only did we study the personalities, actions and decisions of many Civil War generals, but we were able to walk the open terrain, which surprised many of us. To me, comparing the tactics, communications, weaponry and logistics of 1863 to those of today's advanced Army was extremely enriching and



**Officers and noncommissioned officers with the 165th Infantry Brigade learn about the Battle of Chickamauga during a staff ride last week. The Civil War battle took place September 1863.**

fascinating."

Soldiers who took part in the staff ride included brigade, battalion and company-level leaders. Several drill sergeants and special staff members also participated, including Capt. Mark Starchman, the brigade's staff judge advocate.

"For me as a judge advocate supporting the 165th, the staff ride was a great opportunity to engage with my sup-

ported organization's leaders away from command updates and legal briefs," Starchman said. "The historical tour also provided me with a better appreciation for how battlefield success can hinge on effective leadership and coordinated communications."

The brigade plans on conducting another staff ride next spring.

# AG officers reach out to children

## Adjutant General School

Soldiers with the Adjutant General School Basic Officer Leaders Course visited the Boys and Girls Club in Columbia Aug. 15 as part of the course's community service project.

The Soldiers arrived after breakfast and started the day with a demonstration of Army drill and ceremony. After introducing themselves, the Soldiers invited the 25 children at the club to participate in a short Physical Readiness Training exercise.

The day's activities included a variety of physical, mental and creative challenges. Throughout the day, the Soldiers helped the children tap into their competitive sides by playing a variety of games such as dodge ball.

The officers also got a chance to test the children's skills and logical thinking in games like pool, checkers and UNO.

The officers and children shared ideas and put them down on paper through their creative drawings. During these activities the officers took advantage of the opportunity to listen to the children's experiences while sharing their own and offering a bit of mentorship, advice and guidance.

"It was extremely important to the (Soldiers) that they allowed these (children) the chance to see an option they have in the future," said 2nd Lt. Amber Johnson, a student in the course. "This experience shaped these officers into more culturally-aware individuals."

To show their appreciation for the class visiting, the program participants presented them with a handmade banner and hugged them goodbye at the end of the day.



*Courtesy photos*

**Second Lt. Luis Villegas, a student with the Adjutant General School Basic Officer Leaders Course, tells a story to children at the Ben Arnold Boys and Girls Club in Columbia Aug. 15. The officers spent a day with the children as part of the course's community service project.**



**Above, Soldiers with the Adjutant General School Basic Officer Leaders Course lock hands with the children as they circle up to play a game. Left, 2nd Lt. Jamila Cutting and 2nd Lt. Phillip McKenzie help two girls tap into their creative side by drawing while offering words of encouragement.**



Photos by WALLACE McBRIDE

## Women's equality celebrated

Retired combat photographer Stacy Pearsall, above, was the guest speaker Tuesday for the post's annual Women's Equality Day luncheon at the NCO Club. Pearsall got her start as an Air Force photographer at the age of 17, eventually traveling to more than 40 countries during her military career. Today, Pearsall is combat disabled and retired from military service, working as a freelance photographer, author, educator, military consultant, public speaker and founder of the Veterans Portrait Project.

# WOMEN

## IN THE U.S. ARMY

### THE MID-TWENTIETH CENTURY



More than 35,000 women served in the military during WWI. They were not considered a part of the U.S. Army and were released from duty immediately following the war. The Women's Army Auxiliary Corps (WAAC), founded in May 1942, was the first official female corps in the Army, but as an "auxiliary" of the Army, the WAAC had no military status. On July 1, 1943, the Women's Army Corps (WAC) replaced the WAAC, and women were given active military status for the first time. The Women's Army Corps allowed women the rights and benefits of being a Soldier, including equal pay, overseas pay, enrollment in government life insurance, and a death gratuity for their families if killed while serving. In 1978, the Women's Army Corps was disestablished as a separate corps, and women were integrated into the Army.

# Increase your employability with job skills

By BARBARA MARTIN

Employment Readiness Program

Do you have the upper edge for the competitive job market?

Employability skills are the traits and talents that make you an attractive candidate for a job. Improving your employability skills through education, training and practical applications can give job seekers an edge in the job market. In addition to providing an advantage in the job search, these employability skills may also position people for higher-earning roles with greater growth potential. The more versatile you are in your skill repertoire, the more valuable you become to an employer.

The Army Community Services Employment Readiness Program Job Readiness Center offers a wide range of training to help people improve their employability skills. Job seekers can strengthen their computer skills by taking an individual 10-15-hour self-paced computer class in either Microsoft Word or Excel. Each participant will receive a training completion certificate. ACS also offers ways to improve typing skills. You can assess your typing skills by taking a typing skills test or improve your typing speed and accuracy by completing various programs on the Mavis Beacon



Typing Tutorial.

People who prefer an instructor-led computer class can sign up for a three-hour course in either Microsoft Word, Excel or PowerPoint. Instructor-led classes are scheduled for September and October.

All of the classes are free and provide opportunities to add skills to any resume as well as to increase a person's employment opportunities. Classes are targeted to military spouses, but are open to all military and DoD civilian ID card holders.

Upcoming job skills classes are:

■ Sept. 9, 1 to 3 p.m., explore careers in finance and banking

- Sept. 11, 9 a.m. to noon, project management
- Sept. 18 and Oct. 23, 9 a.m. to noon, intro to Excel 2010 (instructor-led course)
- Sept. 25 and Oct. 30, 9 a.m. to noon, intermediate Excel 2010 (instructor-led course)
- Oct. 9, 9 a.m. to noon, PowerPoint 2010 (instructor-led course)

To register for one of the classes, call the Employment Readiness Program at 751-5256 or email [barbara.martin@us.army.mil](mailto:barbara.martin@us.army.mil).

For more information about other seminars and services, visit [http://fortjacksonmwr.com/acs\\_emp/index.html](http://fortjacksonmwr.com/acs_emp/index.html).

## DCG-IMT visits Victory College

Maj. Gen. Ross Ridge, TRADOC's deputy commanding general for Initial Military Training, addresses the 26 students of the Pre-Command Course Class 05-14 during his visit to Victory College Tuesday. Ridge talked about the way ahead and the future of IMT unit structures.

Photo by ANDREW McINTYRE

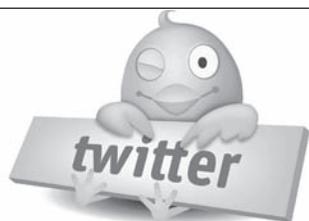


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Photo by DAVID SHANES, command photographer

### Retiring from service

Eight Soldiers are honored Tuesday during Retirement Review at the Post Theater. The retiring Soldiers are Lt. Col. Shane Ousey; Maj. Eduardo Plascencia; Chief Warrant Officer 4 Kenneth Webb II; 1st Sgt. Melissa Offutt-Hunter; Sgt. 1st Class Jason Zimmerman; Staff Sgt. Christopher Smith; Staff Sgt. Athena Johnson; and Staff Sgt. Peter Wieden.

### Honorary Soldier passes away

Nine-year-old Richard Culliver, who suffered from an inoperable brain tumor, died Sunday. In the photo, Culliver takes part in physical training during his visit to Fort Jackson in December. Culliver was a life-long fan of service members and participated in a number of activities during his visit to Fort Jackson, including a visit to Victory Tower and the Engagement Skills Trainer 2000.

Leader file photo





### **Pulling a few strings**

Rich Harbison, a student teacher with the University of South Carolina String Project, gives Jamiah Brown, 9, a lesson on how to hold the bow for the cello. The USC String Project visited C.C. Pinckney Elementary School Wednesday to conduct an information session with fourth and fifth graders. The session gave students an opportunity to learn about string instruments and classes offered by the String Project to students interested in playing the violin, viola, cello and bass.

*Photo by ANDREW McINTYRE*

# Army: Beware of predatory lenders

By LISA FERDINANDO  
Army News Service

WASHINGTON — “Need money fast? Need a new car? No problem. Instant approval for members of the military.”

Although advertisements for immediate cash and merchandise are appealing, service members can land in hot water if they are not careful.

Soldiers, especially junior-enlisted members, are targets for high-interest car loans, or payday loans with exorbitant rates, said Maj. Emma Parsons, Department of the Army banking officer.

“There are a lot of predatory lenders out there,” she said.

Soldiers should proceed with caution, she said, noting that the Consumer Financial Protection Bureau says a small-dollar payday loan could equate to an annual percentage rate of nearly 400 percent.

Unaffordable debt coupled with service charges and late fees can quickly spin out of control, putting unsuspecting service members under a mountain of debt, she said.

That is why it is so important for Soldiers to have a plan for their money.

Part of the mandatory services that on-post financial institutions provide are counseling and education partnered with Army-trained personal financial managers, Parsons said.

Trained financial counselors are present on every installation, she said. Soldiers are urged to meet with a counselor and use these free services to help avoid the pitfalls that would put them in financial straits.

Talking to the financial expert can put the situation in perspective and help the service member navigate away from avoidable problems such as spending beyond one’s means and signing on to a quick loan loaded with fees and a high interest rate, she said.

Although emergencies do arise, counseling can guide a service member on how to manage money and what the best options are when those situations do occur, she said.



Photo by DAVID VERGUN, Army News Service

**Soldiers are urged to take advantage of free financial counseling available at all installations to help avoid the pitfalls that could put them under a mountain of debt.**

## FINANCIAL READINESS

Falling into debt impacts readiness and morale, and directly affects the work performance of the Soldier, Parsons said.

Soldiers who become delinquent on their debts could have their wages garnished and risk losing a promotion or a high-level security clearance.

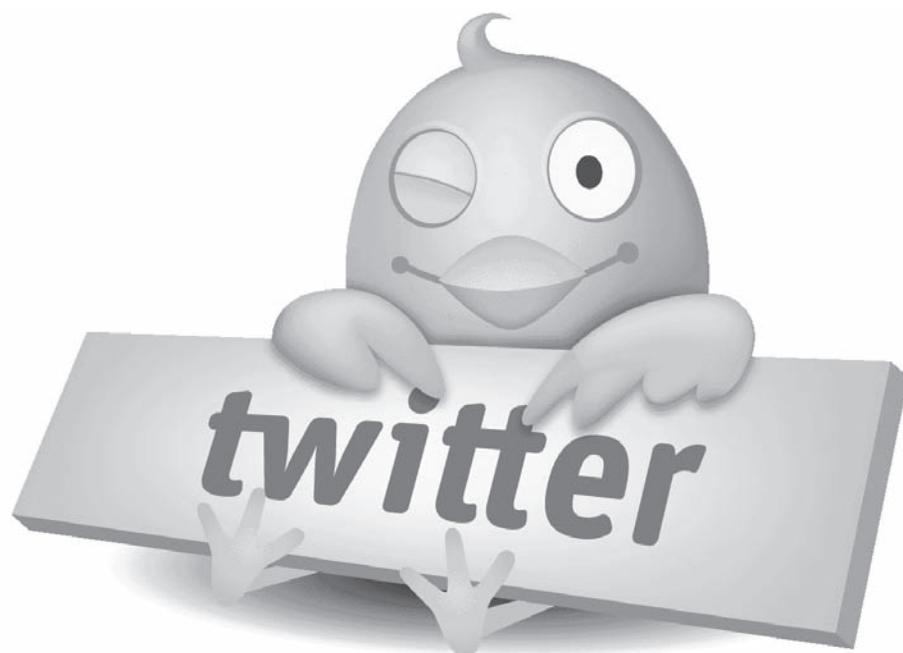
For the most junior Soldiers, this might be the first time they are receiving a paycheck, said Maj. Helen Thomas, the banking liaison officer at Fort Bragg, North Carolina.

It’s important they spend wisely and not fall into the trap for quick money or gleaming new merchandise they don’t need and can’t afford.

“I see it all the time. Young Soldiers come to us for counseling after they’re in a financial bind; we want to help them before the problem happens,” she said. “Let’s catch them before they make those decisions.”

*Editor’s note: To contact a financial counselor with Army Community Service, call 751-5256.*

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## LEADER DEADLINES

Article submissions are due two weeks before publication. For example, an article for the Sept. 11 Leader must be submitted by today.

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



# Avoid overtraining to prevent injury

By LISA FERDINANDO  
Army News Service

WASHINGTON — Soldiers should be aware of overuse and overtraining that can lead to injury, and should modify their fitness plans accordingly, an Army doctor said.

“In terms of physical training-related injuries, the first and most important thing is that injuries are the biggest health problem of the Army,” said Dr. Bruce Jones, a U.S. Army Public Health Command physician-epidemiologist.

He spoke at a media roundtable held in conjunction with the 3rd International Congress on Soldier Physical Performance, which was held in Boston, and looked at ways to enhance Soldier performance while reducing instances of injury.

Jones said each year some 350,000 Soldiers make about 1.3 million medical visits for injuries.

“Fifty percent of those 1.3 million visits are due to overuse training-related injuries,” he said.

He noted that research indicates that in both the military and civilian populations, the more physical training a person does, especially running, the higher the risk of injury.

It is a paradox, he said, since if you want to become physically fit, you have to train, which then increases your risk of injury.



U.S. Army photo

## TRAIN, BUT DON'T OVERDO IT

“Civilian studies and some of ours suggest that there are thresholds of training above which injuries rates will go up, but fitness will either not improve or it will go down,” he said.

Jones noted that strategies to prevent overtraining and injury have been successful.

For example, he said, a standardized program for Basic Combat Training in 2003 reduced running mileage, and encapsulated speed work and multi-directional activities like guerrilla drills and grass drills.

“We were able to demonstrate a 40-percent reduction in injury rates doing that,” he said.

Jones said women tend to enter the service with lower levels of fitness and have higher injury rates in basic training compared to men.

However, that does not mean women cannot perform at high levels, Jones said.

“There are some women who can compete, and are functioning at the same level of performance as the high-

## Soldiers in the Master Fitness Trainer Course on Fort Jackson take part in a group workout.

est 20 to 25 percent of men,” he said.

## RECOMMENDATIONS

Anyone planning to enter the military should begin a physical training program early, and gradually build up fitness, he said.

“The more fit you are in entry to the service, the less likely you will be to be injured,” he said.

Whether entering the military or already a member, Jones recommends adopting a well-balanced fitness program that builds muscle and endurance.

A fitness program that does not lead to overtraining or overuse can have great results, as the person enjoys the health benefits of the active lifestyle and avoids injury.

“Other injury-prevention measures would be things like ‘wear your seatbelt’ and a surprising thing that most people would not think about in terms of injury prevention

is smoking cessation,” he said.

He said studies have consistently found the more people smoke, the more likely they are to get injured, in the Army.

“There is a lot of speculation as to why, but there are a number of studies that show that healing is delayed in smokers, surgical wound healing takes longer in smokers, (and) fracture healing takes longer,” he said.

“Something about smoking seems to impair the healing process,” he said.

Most of the injuries in the Army are overuse injuries, as the result of repetitive trauma causing “microdamage,” he said.

A smoker typically would not be healed from microdamage before more damage could occur, he said.

“If you’re a smoker, that healing process takes place more slowly, so there could be an accumulation of microdamage that actually ends up being an injury,” he said.

## Regulation prohibits performing ice bucket challenge in uniform

IMCOM

San Antonio — The “ice bucket challenge” is viral on the Internet. Although raising research funds and awareness for ALS, also known as Lou Gehrig’s disease, is a noble effort, this activity is not to be performed by service members while in uniform.

Service members or military units who have participated in online videos of this promotion while in uniform or acting in an official government capacity

should remove that content from social media sites immediately.

The Joint Ethics Regulation (JER 3-209) prohibits federal activities that imply endorsement or preferential treatment to non-federal organizations. Military members who support this effort must do so out of uniform.

The “ice bucket challenge” is a fundraising/awareness campaign promoted by a nonprofit organization — and military members are prohibited from endorsing a fundraising campaign in an official capacity.

There are also a number of

hazards associated with shocking the human body with cold water. The real danger, however, is the trend of people trying to ‘one-up’ each other with more and more extreme deliveries of ice water.

Jumping from elevated surfaces, standing awkwardly on ladders or dramatic movements in vehicles are becoming more and more common. Each presents an unacceptable risk to our force.

Service members and DoD civilians are free to support fundraising efforts as long as they do so as a private citizen.

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Send your submissions to [FJLeader@gmail.com](mailto:FJLeader@gmail.com). For more information, call 751-7045.



## Calendar

### Tuesday

#### PWOC fall kickoff

9 a.m., Main Post Chapel

The start of the Protestant Women of the Chapel fall season will include a lively program around the new theme, "Living a Life That Reflects Christ's Love." A catered lunch will be served. Free child care is available. PWOC also offers evening fellowship/Bible study Mondays at 6 p.m. For more information, email [jacksonpwoc@gmail.com](mailto:jacksonpwoc@gmail.com).

### Saturday, Sept. 13

#### Retired Officers Wives Club luncheon

Noon, Officers' Club

The guest speakers will be the authors Bill and June Bowen. RSVP is required by 3 p.m., Sept. 8. For more information and to register, call 788-1094 or 783-1220.

### Saturday, Sept. 27

#### National Prescription Drug Take Back Day

10 a.m. to 2 p.m., Main Exchange

## Announcements

### DES CLOSURES

The Directorate of Emergency Services Physical Security Office and Police Administration Office will be closed Friday. Normal hours will resume Tuesday.

### SSA CLOSURE

The Supply Support Activity will be closed for inventory Sept. 22-23. It will resume normal hours Sept. 24.

### SCHOOL BOARD MEMBERS NEEDED

The Fort Jackson School Board is looking for four new members. The board consists of seven members and meets the first Thursday of the month. School Board members serve as a liaison between parents, the superintendent and faculty and staff of C.C. Pinckney and Pierce Terrace elementary schools. Nominations are due

by Friday. Election results will be released Sept. 15. For more information, email [fjschoolboard@gmail.com](mailto:fjschoolboard@gmail.com) or call (210) 863-4332.

### TRICARE WEBSITE CHANGES

The TRICARE website has been redesigned. A login button for quick access to services was added, and the navigation menu was simplified. Visit [www.tricare.mil](http://www.tricare.mil).

### ACS NEEDS ASSESSMENT SURVEY

The Army Community Services needs assessment survey is under way through Sept. 15. The survey aims to measure usage and helpfulness of ACS programs and services. Its purpose is to identify emerging needs related to the Army way of life. To access the survey, visit [www.armymwr.com/ACS-survey](http://www.armymwr.com/ACS-survey).

### SPORTS SHORTS

- Softball championship games will be played Sept. 8 at 6 and 7 p.m.
- Letters of intent for flag football are due Sept. 8. Active duty teams only.
- 9/11 5K run/walk, 8 a.m., Sept. 13, Semmes Lake. To register, visit <https://webtrac.mwr.army.mil/webtrac103/wbWSC/Jacksonretrac.wsc/wbsplash.html?wbp=1>.
- Competition for flag football, softball and cross country for active-duty battalion-level teams will start Sept. 30. Team meetings are scheduled for Sept. 29.

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

### COMMISSARY NEWS

- The Commissary rewards card allows shoppers to use digital coupons at any commissary. For more information, visit [www.commissaries.com/rwards\\_subscribe.cfm](http://www.commissaries.com/rwards_subscribe.cfm).
- The Commissary will mark September with Labor Day savings, National Breakfast Month food samplings and Oktoberfest celebrations. For more information, visit [www.commissaries.com](http://www.commissaries.com).

### CFPB FINES FINANCING COMPANY

The Consumer Financial Protection Bureau ordered First Investors Financial Services Group Inc. to pay \$2.75 million

in fines, change its business practices and fix errors in information provided to credit reporting agencies. For more information, visit [www.consumerfinance.gov/](http://www.consumerfinance.gov/) or contact the Army Community Service Financial Readiness Program at 751-5256.

### AMU SHOOTING CLINIC

The U.S. Army Marksmanship Unit at Fort Benning, Georgia, will host the seventh annual USAMU Action Shooting Junior Clinic Oct. 30 through Nov. 2. The clinic is an advanced workshop open to children and youth 9-18 with experience in action shooting disciplines. The deadline to apply is Oct. 1. For more information, visit [www.usamu.com](http://www.usamu.com) or call 706-545-9402.

### ID CARD OFFICE HOURS

The ID card offices at the Strom Thurmond Building in rooms 109, 114 and 200 will continue to operate on an appointment-only basis. Limited walk-in slots are available Monday through Friday from 8 to 9:20 a.m. in Room 109. Once walk-in slots are filled, customers will be given the option to make an appointment or visit an alternate ID card facility for service. Appointment hours are from 9:40 a.m. to 4:10 p.m., Monday through Friday in rooms 109 and 200. To make an appointment, visit <https://rapids-appointments.dmdc.osd.mil>. For more information, call 751-6024.

### SAT TESTING

The Education Center will administer SAT testing Oct. 30. Testing is available to eligible service members only. For more information and to register, call 751-5341.

### THRIFT SHOP NEWS

- The Thrift Shop will not accept summer clothes after Sept. 4. Winter clothes will be accepted after Sept. 9.
- September through November are college months at the Thrift Shop. Customers wearing a college shirt or hat will receive a discount.
- The Golden Carriage Program provides free ball gowns for spouses of active-duty service members E5 and below.

*Information is subject to change.*

Visit the community calendar at <http://jackson.armylive.dodlive.mil/>.

## Housing happenings

### COMMUNITY YARD SALE

A community yard sale is scheduled from 7 a.m. to 2 p.m., Sept. 13. The registration deadline is Sept. 10. For more information and to register, email [emcdaniel@bbcgrp.com](mailto:emcdaniel@bbcgrp.com) or call 738-8275.

### OFFICE CLOSURE

Housing offices will be closed from 10 a.m. to 2 p.m., Sept. 23 for professional development. For emergency maintenance, call 738-8275.

### SATISFACTION SURVEY EVENT

Residents are invited to participate in the Resident Satisfaction Survey event from 11 a.m. to 2 p.m., Sept. 6 at the Community Center. The annual Resident Satisfaction Survey is an opportunity to share feedback with Balfour Beatty Communities. The event will include music, prizes, food and fun activities. Families that complete their survey before Sept. 8 will be entered into an early bird prize drawing. The deadline to complete the survey is Sept. 15. For more information, call 738-8275.

### LIFEWORKS EVENTS

- Today, noon to 1 p.m., neighborhood huddle for PT5 and PT7, Carter Road pavillion
- Friday, 5-7 p.m., bingo night
- Sept. 9, 10a.m., teddy bear picnic
- Sept. 19, 5 to 7 p.m., bunco night
- Sept. 25, noon, neighborhood huddle for Howie Village and Mabry Manor, McLeod Court playground

All events take place at the Community Center unless otherwise noted. For more information and to register, email [emcdaniel@bbcgrp.com](mailto:emcdaniel@bbcgrp.com) or call 738-8275.

### RENT CONCESSIONS

Current residents who refer a friend to live on post will receive \$600 when the friend moves in. Other concessions include reduced rent for non-renovated homes in PT5 if you move in during August; and free prorated rent for August for homes in PT5 and PT7. For more information, call 738-8275.

# Tips help make MACH visit a smooth trip

## Moncrief Army Community Hospital

During the summer, Moncrief Army Community Hospital experienced several challenges that resulted in difficulties for patients to make primary care appointments. Some of this is due to the typical provider turnover during the permanent change of station season. MACH has also experienced some difficulties with its call center computer system. This resulted in long call hold times, call queues that did not advance, and limited appointments available when patients made it through.

MACH officials sincerely apologize for the inconvenience this caused and reassure patients that MACH staff members are dedicated to providing exceptional care.

MACH personnel are fine-tuning the automated call system to make sure the call queues are addressed appropriately. Officials anticipate five new active-duty primary care providers to be on board throughout the next six to eight weeks. This will provide a 30 percent increase in the number of appointments available. Additionally, MACH is actively recruiting civilian providers to bolster its roster.

In the meantime, there are several things patients can do to help with the influx of telephone calls for appointments and lack of appointment availability:

■ Plan early. If you need medication prescription renewals, please make your appointment early or have a tele-

phone consult with the MACH team.

■ Help MACH decrease the wait time in the 751-CARE queue by lowering the number of calls to 751-CARE. This can be accomplished by:

□ Registering for TRICARE Online, or TOL, at [www.tricareonline.com](http://www.tricareonline.com) to make and cancel appointments. Once you are registered, you may use TOL to make primary care appointments, cancel any appointment at MACH, refill your existing prescriptions, and view your personal health data. For assistance, call 751-2059.

□ Enrolling in MACH's secure messaging system (Relay Health) with your health care team. This allows beneficiaries the option of sending a secure message to their health care team to be answered within 24 hours.

□ Making sure you are on time to your appointment. If you know in advance that you cannot make your appointment, please cancel it ASAP by using TOL or calling 751-CARE. This allows another patient the opportunity to use that appointment. MACH's current no-show rate varies from 6 to 20 percent for some appointment types.

■ If your provider is no longer at MACH you will be assigned a new primary care manager, or PCM, as soon as our new providers are on board. Humana Military, the TRICARE contractor, will mail you a letter informing you of your new PCM assignment. In the meantime, if you need care, make an appointment through TOL or 751-CARE.

■ Please make sure that you have the correct location



of your provider. Some new primary care providers were added to MACH's roster, which may lead to some confusion about the location where you will be seen. Remember, there are two medical homes within the MACH health care system:

□ The Integrated Health Medical Home in at the main hospital on Fort Jackson.

□ The Moncrief Medical Home is located off I-77, Exit 19 in the South University building at 1021 Pinnacle Point.

The new Nurse Advice Line helps callers make informed decisions about self care at home or when to see a health care provider. The Nurse Advice Line is available around the clock. Nurse Advice Line nurses ask a series of questions about a caller's specific concerns to advise when and how to seek care for an urgent problem or give instruction on self care at home. The toll-free number is 1-800-TRICARE (1-800-874-2273), option 1.

Moncrief Army Community Hospital

Moncrief Army Community Hospital  
Military Base

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Moncrief Army Community Hospital  
July 16

Like us on Facebook to get the latest news regarding Moncrief, health tips, TRICARE updates and information from the Army Medical Command. Visit [www.facebook.com/MoncriefACH](http://www.facebook.com/MoncriefACH).

Like · Comment · Share

## Prescription home delivery available

TRICARE beneficiaries can switch to home delivery for any medication taken regularly. There are several ways to switch:

- Call Express Scripts at (877) 363-1303.
- Ask your provider to fax your prescription to Express Scripts at (800) 895-1900.
- Ask your provider to e-Prescribe to "Express Script Mail Pharmacy."
- Mail your prescription along with a completed mail order form to Express Scripts Inc., P.O. Box 52150, Phoenix, Az. 85072-9954.

The first shipment will usually arrive within two weeks.

Switching to home delivery can also save money — \$38 for every brand-name drug compared to using a network pharmacy. In addition, there is no copay for a 90-day supply of generic drugs.

Express Scripts stocks all drugs on the TRICARE formulary.

## Your health care is a click away

### Moncrief Army Community Hospital Integrated Health Clinic Medical Home

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

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

It's health care that clicks.

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



# Saluting this Basic Combat Training cycle's honorees

## DRILL SERGEANTS OF THE CYCLE



**Staff Sgt.  
Jason Burger**  
Company A  
1st Battalion,  
13th Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Pfc. Hayden Bruce

**SOLDIER OF THE CYCLE**  
Pfc. Jonathan Melgarroca



**Sgt. 1st Class  
Edward Haislip**  
Company B  
1st Battalion,  
13th Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Pvt. Lacey Kennedy

**SOLDIER OF THE CYCLE**  
Pfc. Jacob Freeman



**Sgt.  
Vanessa Farmer**  
Company C  
1st Battalion,  
13th Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Pvt. Kyle Kellerman

**SOLDIER OF THE CYCLE**  
Pvt. Christian Rodriguezvelez



**Staff Sgt.  
Justin Strohman**  
Company D  
1st Battalion,  
13th Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Pvt. Justice Akujobi

**SOLDIER OF THE CYCLE**  
Pvt. Amanda Cisneros



**Staff Sgt.  
Joshua Kendrick**  
Company E  
1st Battalion,  
13th Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Pfc. Baylee Bushey

**SOLDIER OF THE CYCLE**  
Pvt. Cord Ingram



**Sgt. 1st Class  
Philip Hawley**  
Company F  
1st Battalion,  
13th Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Spc. Laron Williams

**SOLDIER OF THE CYCLE**  
Pvt. Dayton Dalton

## Weekly honors



**Capt.  
David Sonney**  
Distinguished honor graduate  
Captains Career Course  
Adjutant General School



**Kosovo army 1st Lt.  
Fatlum Demiri**  
International honor graduate  
Captains Career Course  
Adjutant General School

## DRILL SERGEANT ANNIVERSARY

In celebration of the 50th anniversary of the Army's drill sergeant program, TRADOC will host several events Sept. 12 at the U.S. Army Drill Sergeant School.

The Drill Sergeant School will host an outdoor social with catered dinner, various vendors, static displays and other activities. All past and present drill sergeants are asked to bring their campaign hats to the drill sergeant hat social. This event will be capped off with a mass formation photo, followed by a cake-cutting ceremony to officially celebrate the program's anniversary.

A time capsule will be unveiled that allows drill sergeants to add their own piece of history. The time capsule will be sealed and won't be opened for 25 years. Drill sergeants may also purchase a personalized drill sergeant brick paver with their names and dates served on the trail engraved. The brick pavers will be placed near the drill sergeant time capsule.

To register for the hat social, visit [www.armydrillsergeants.com](http://www.armydrillsergeants.com)

The events scheduled for Sept. 12 are:

- Run with the drill sergeants, 6 a.m., Drill Sergeant School
- Breakfast, 7 a.m., NCO Club
- Drill sergeant Hall of Fame induction ceremony, 11 a.m., Drill Sergeant School
- Drill Sergeant School tour and history showcase, 1 p.m., Drill Sergeant School
- Drill sergeant hat social and photo, 4 p.m., Drill Sergeant School



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## SUBMISSION GUIDELINES

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Courtesy photos

Cadet Olivia McQuail, an ROTC student with Georgetown University, observes training with the 3rd Battalion, 34th Infantry Regiment. She was one of 44 cadets who spent the summer in Drill Cadet Leader Training with the battalion. The training teaches ROTC cadets leadership skills in platoons.

# Cadets train with 3-34

By CADET OLENA LEON  
California State University

Forty-four ROTC cadets from across the nation spent their summer as interns with the 3rd Battalion, 34th Infantry Regiment. The internship, which is called Drill Cadet Leader Training, allowed cadets to receive experience as platoon leaders in the Basic Combat Training environment.

Capt. Antonia Andrews, commander of Company B, 3-34th, said her main goal during the program was to teach cadets the necessary skills to commission as officers.

“I think this program is great,” Andrews said. “Cadets get exposure to working with platoon sergeants and build that relationship. A lot of lieutenants come to the platoon and have not worked with noncommissioned officers. I feel that the relationship with a platoon sergeant will either make new officers or break them in the Army because NCOs are the ones on the ground.”

Cadets in DCLT received a hands-on experience and a chance to observe and participate in the company’s daily events.

Cadet Olivia McQuail from Georgetown University described her experience at DCLT as a life lesson.

“I like being able to interact with the drill sergeants,” McQuail said. “We spend four years in ROTC, learning how to be officers, but rarely get the opportunity to ask

questions of and learn from NCOs as experienced and dedicated as the drill sergeants here at Fort Jackson.”

In addition to the guidance from NCOs, cadets received professional development training from the officers in the company. The training included the initial counseling of platoon sergeants, company training meetings and risk management. Cadets learned simple tasks like reading the wet bulb globe thermometer as well as more complex tasks like planning and coordinating for the platoon duty week or requesting ammunition for range training.

First Lt. Colin Davis, executive officer of Company B, 3-34, was in charge of the professional development training of the cadets. He stressed how important it was for the cadets to be able to delegate and justify their decisions.

“It is important to become comfortable with delegation as opposed to being an individual executing the tasks,” Davis said. “My goal was to give cadets at least a base concept of what actually needs to happen to get things done.”

Two of the four cadets assigned to Company B went through basic training at Fort Jackson before participating in ROTC. Cadet John Marsteller from the Georgia Military College described his experience at the DCLT as *deja vu*.

“It is interesting to see the other side, to be honest,” Marsteller said. “It is cool to see it from the different side. You just remember how bad it was. Now you look back and it looks easy. But I understand the trainees and what they are going through.”



Cadet Tuong Nguyen, left, watches Soldiers with the 3rd Battalion, 34th Infantry Regiment at a marksmanship range.

# ACS Calendar — September 2014

## EMPLOYMENT READINESS PROGRAM

Steps to federal employment for military spouses	Strom Thurmond Building, Room 222	Sept. 3, 30	9 to 11:30 a.m.	751-5256
Explore careers in banking and finance	Strom Thurmond Building, Room 222	Sept. 9	1 to 3 p.m.	751-5256
Job searching strategies for military spouses	Strom Thurmond Building, Room 222	Sept. 10, 24	8:30 a.m. to noon	751-5256
Project management workshop	Education Center, Room B-107	Sept. 11	9 a.m. to noon	751-5256
Introduction to 2010 Excel (instructor-led workshop)	Education Center, Room B-107	Sept. 18	9 a.m. to noon	751-5256
Resume writing and interviewing skills workshop	Strom Thurmond Building, Room 222	Sept. 23	9 a.m. to noon	751-5256
Intermediate level 2010 Excel (instructor-led workshop)	Education Center, Room B-107	Sept. 25	9 a.m. to noon	751-5256

## EXCEPTIONAL FAMILY MEMBER PROGRAM

EFMP support group — creative journey	Joe E. Mann Center ballroom	Sept. 18	5 p.m.	751-5256
EFMP bowling outing	Century Lanes Bowling Center	Sept. 27	11 a.m. to 12:30 p.m.	751-5256

## FAMILY ADVOCACY PROGRAM

Healthy relationships	5614 Hood St., Room 10	Sept. 2	11 a.m. to noon	751-6325
Child safety awareness initial training	5614 Hood St., Room 10	Sept. 2	5 to 7 p.m.	751-6325
OB maternity briefing	MACH, Room 8-85	Sept. 3, 10, 17, 24	9 to 9:15 a.m.	751-9035
Bright Honeybee Explorer play group	5614 Hood St., Room 8	Sept. 3, 10, 17, 24	10 to 11:30 a.m.	751-9035
Stress management class	5614 Hood St., Room 10	Sept. 4	11 a.m. to noon	751-6325
Baby basics class	5614 Hood St., Room 10	Sept. 11	10 a.m. to noon	751-9035
Child safety awareness annual refresher	5614 Hood St., Room 10	Sept. 15	5 to 6 p.m.	751-6325
Anger management class	5614 Hood St., Room 10	Sept. 18	11 a.m. to noon	751-6325
Triple P Positive Parenting Program class	5614 Hood St., Room 10	Sept. 25	10 a.m. to noon	751-6325

## FINANCIAL READINESS PROGRAM

Investment Seminar	Education Center, Room B206	Sept. 16	11:30 a.m. to 1 p.m.	751-5256
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## RELOCATION READINESS PROGRAM

In-processing/re-entry brief	Strom Thurmond Building, Room 222	Tuesdays and Thursdays	7:30 a.m.	751-5256
Out-processing	Strom Thurmond Building, Room 222	Monday through Thursday	3 to 3:30 p.m.	751-5256
English as a second language	2612 Covenant Road	Monday through Thursday	8:30 to 11:30 a.m.	343-2935
English as a second language	2612 Covenant Road	Tuesday and Thursday	5:30 to 8 p.m.	343-2935
English as a second language	750 Old Clemson Road	Tuesday and Thursday	6 to 8 p.m.	736-8787
Post newcomer's orientation	NCO Club	Sept. 3	9 to 11 a.m.	751-5256
Phase II levy overseas brief	Strom Thurmond Building, Room 222	Sept. 4, 11, 18, 25	10 to 11 a.m.	751-1124
Stateside levy brief	Strom Thurmond Building, Room 222	Sept. 4, 11, 18, 25	11 a.m. to noon	751-1124
Hearts Apart/Foreign Born Spouses cookout	Patriots Park	Sept. 19	4 to 8 p.m.	751-1124
Foreign Born Spouse Support Group social	Main Post Chapel, Multi-Purpose Room	Sept. 26	5:30 to 7:30 p.m.	751-1124

*For more information and to register, call the phone number corresponding to the event. Information subject to change.*



**W O R S H I P**  
**SCHEDULE**

**PROTESTANT**

■ Sunday

8:30 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (first service)  
 9 a.m. McCrady Chapel (SCARNG), McCrady Training Center  
 9:30 a.m. Hispanic, Magruder Chapel  
 9:30 a.m. Main Post Chapel  
 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, Bayonet Chapel

**Protestant Bible Study**

■ Monday

7 p.m. Women's Bible study (PWOC), Main Post Chapel

■ Tuesday

9 to 11:30 a.m. Women's Bible study (PWOC), Main Post Chapel

■ Wednesday

6 p.m. Gospel prayer service, Daniel Circle Chapel

7 p.m. Gospel Bible study, Daniel Circle Chapel

■ Thursday

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

**Protestant Youth of the Chapel**

■ Saturday

11 a.m. Daniel Circle Chapel youth group, Dorn VA Hospital (first Saturday of each month)

■ Sunday

5 to 6:30 p.m. Club Beyond youth group, Chaplain Family Life Center

**CATHOLIC**

■ Monday through Thursday

11:30 a.m. Mass, Main Post Chapel

■ Sunday

7:30 a.m. Confessions, Solomon Center

8 a.m. IET Mass, Solomon Center

9:30 a.m. CCD (September through May), Education Center

9:30 a.m. Religious ed class for adults (September through May), Main Post Chapel

9:30 a.m. Religious ed class for children (September through May), Main Post Chapel

10:30 a.m. Reconciliation (after Mass or by appointment), Main Post Chapel

11 a.m. Mass (Main Post Chapel)

12:30 p.m. Catholic youth ministry, Main Post Chapel

■ Wednesday

7 p.m. Rosary, Main Post Chapel

7:30 p.m. RCIA/Adult inquiry (September through May), Main Post Chapel

**ANGLICAN/LITURGICAL/EPISCOPAL**

■ Sunday

8 a.m. Anderson Street Chapel

**ISLAMIC**

■ Sunday

8 to 10 a.m. Islamic studies, Main Post Chapel

■ Friday

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

**JEWISH**

■ Sunday

9:30 to 10:30 a.m. Worship service, Memorial Chapel

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

**CHURCH OF CHRIST**

■ Sunday

11:30 a.m. Anderson Street Chapel

**LATTER DAY SAINTS**

■ Sunday

9:30 to 11 a.m. Anderson Street Chapel

■ Wednesday

3 to 5 p.m. LDS family social, Anderson Street Chapel

■ Wednesday

7 to 8 p.m. LDS scripture study, Anderson Street Chapel

**ADDRESSES, PHONE NUMBERS**

**Anderson Street Chapel**

2335 Anderson St., 751-7032

**Bayonet Chapel**

9476 Kemper St., 751-6322/4542

**Daniel Circle Chapel**

3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478

**Education Center**

4581 Scales Ave.

**Chaplain Family Life Center**

5460 Marion Ave (to the side of the POV lot), 751-4961

**Magruder Chapel**

4360 Magruder Ave., 751-3883

**Main Post Chapel**

4580 Scales Ave., corner of Strom Thurmond Boulevard, 751-6469/6681

**McCrady Chapel (SCARNG)**

3820 McCrady Road (located at McCrady Training Center)

**Memorial Chapel**

4470 Jackson Blvd., 751-7324

**Warrior Chapel (120th AG Bn.)**

1895 Washington St., 751-5086/7427

**Installation Chaplain's Office**

4475 Gregg St., 751-3121/6318