

THURSDAY, AUG. 22, 2013

# THE FORT JACKSON LEADER

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★ FORT JACKSON  
MAKING CHANGES  
TO SHARP PROGRAM

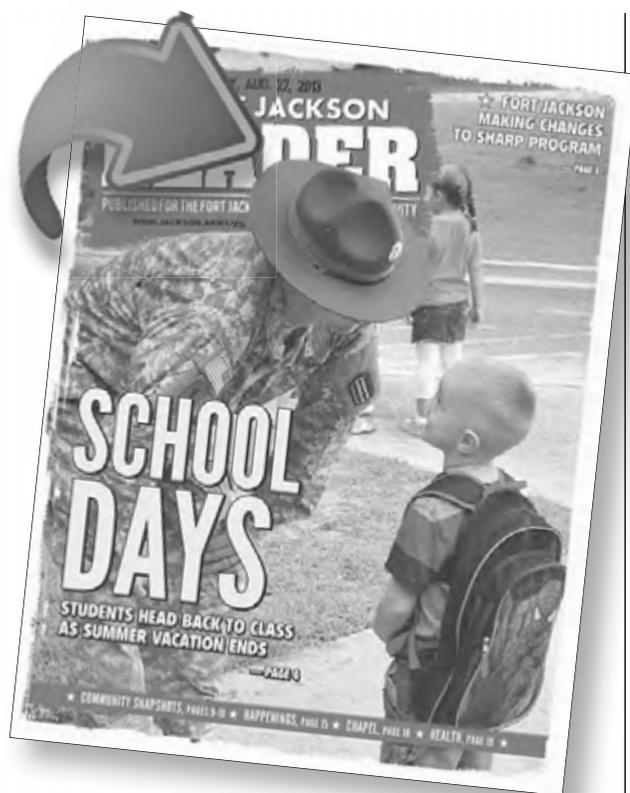
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## ON THE COVER

Photo by WALLACE McBRIDE

**Staff Sgt. Andrew Maynard sees son Andrew, 5, off to school Wednesday morning at Pierce Terrace Elementary School. SEE PAGE 4.**



### Fort Jackson, South Carolina 29207

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## NEWS

# Nutrition second prong on Performance Triad

By DAVID VERGUN  
Army News Servicier

FALLS CHURCH, Va. — Soldiers who switch to a healthier diet will notice an immediate change in how they feel and perform, said a registered dietitian.

It is important to eat a variety of foods to get the optimal amounts of the nutrients that promote health, said Col. Laurie Sweet. Just adding eight servings of fruits and vegetables a day to a balanced diet that also includes whole grains, lean proteins, low-fat dairy and healthy fats can make all the difference. Fish, nuts and beans are also excellent choices, she added.

In contrast, Sweet said Soldiers should eat fewer processed foods, foods that have added sugars and fats, refined grains and foods that have low nutrient density or empty calories. These foods are associated with weight gain and increased risk of chronic diseases.

Unfortunately, fewer than 15 percent of service members reported consuming three or more servings of fruits, vegetables or whole grains a day, she added. An excellent basic tool that anyone can use to encourage better food choices is the “My Plate” concept. My Plate suggests having half a plate of fruits and vegetables at each meal along with small portions of protein, whole grains and dairy.

Sweet spoke Aug. 8 at the Army Medical Department in Falls Church, Va., during Army Medical Command’s first “Stand Up for Health Training Day,” which focused on the Army’s Ready and Resilient program’s “Performance Triad.”

Besides being a dietitian, Sweet is also a nutrition consultant to the Army surgeon general and the nutrition lead for the Performance Triad program.

The Performance Triad consists of three components, including activity, nutrition and sleep. All three are essential to a Soldier’s good health and emotional well-being, as well as cognitive and physical performance, Sweet said.

Sweet said healthy nutrition has a positive interactive effect with the other two legs of the Performance Triad — activity and sleep. Eating healthy foods contributes to rapid muscle rebuilding when consumed 30-60 minutes following workouts as well as improved sleep quality.

### COMBAT READINESS

Poor nutrition habits can have negative consequences not just for health and performance but also for retention in the Army.

“Unfortunately, some 15 percent of active-duty Soldiers are enrolled in the Army Body Composition Program,” she said.

In 2012, about 1,815 Soldiers were separated because of being overweight and having a high body mass index. Being

overweight does not just affect a Soldier’s appearance, she said. It also affects combat readiness.

Another troubling statistic, she said, is that once Soldiers retire, they often gain weight.

“Veterans fare worse than their civilian counterparts,” she said. “Some 70 percent of veterans receiving outpatient care at the Department of Veterans Affairs medical facilities are overweight or obese. That compares with 63 percent for the entire U.S. population.”

### OTHER THINGS TO DO

Sweet offered other tips besides which foods to eat and which to avoid.

Be cautious when considering dietary supplements, she advised, “since, unlike medications, most are not rigorously tested. You can’t go wrong with whole foods.”

The side effects of some supplements are unknown and some may be harmful, especially when they interact with certain medications, she said. Soldiers should inform their health care provider when taking supplements.

She also said health care providers should be asking Soldiers questions about their eating habits as well as about any dietary supplements they may be taking. She recommended visiting “Operation Supplement Safety” at: <http://hprc-online.org/dietary-supplements/opss> for more information.

Another tip is to refuel regularly, eat a meal or healthy snack at least every four to five waking hours. Breakfast should definitely be one of those meals, she said. A healthy snack might contain a mixture of protein and carbohydrates, she said. Nuts and fruit or low-fat chocolate milk, for instance.

Along with food, it’s important to drink at least eight glasses of water a day, more for strenuous physical work, she said. Energy drinks should never be used for rehydration.

Reducing visits to restaurants will not only save money, Soldiers will have more control over the food they eat, she said.

Lastly, she said, Soldiers should seek advice. The Army has registered dietitians who can customize a nutrition plan for peak performance and to manage health conditions. Also, there are various websites and smartphone apps that can help Soldiers select the right foods and quantities, such as Fooducate or myfitnesspal. Keeping a food diary and using social media to share tips and challenges of eating right and shedding pounds can help as well.

“Soldiers will definitely experience positive lifestyle changes if they eat for good health and performance,” Sweet said.

*Editor’s Note: This is the second part of three-part series about the Army’s “Performance Triad,” which includes activity, nutrition and sleep.*

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# SHARP program to see changes

By WALLACE McBRIDE  
Fort Jackson Leader

Changes are in store for programs used on Fort Jackson to combat sexual assault and harassment within the ranks.

The Army's Sexual Harassment/Assault Response and Prevention program is designed as a proactive initiative to prevent sexual harassment and sexual assaults. The post's SHARP initiative will be seeing a few improvements in coming weeks, said Master Sgt. Dietra Woods, Fort Jackson's Equal Opportunity Program manager.

"The program is based on protecting the victim and making sure the chain of command is aware of what's going on," Woods said. The changes being implemented to the installation's SHARP initiative are designed to enhance existing policies, she said.

New SHARP hotlines are being installed at all Basic Combat Training units. Woods said the new telephone lines are expected to be completed by the end of September, and will provide more than 300 locations for Soldiers to report misconduct to victim advocates.

The post is also relocating the Equal Opportunity/SHARP office from its present location on Sumter Street to a more private address on the corner of Sumter and Gregg streets. The location also provides easier access to chaplains, Woods said.

"We're moving our building across from the Inspector General, so people will be able to get help from them, if it's that type of issue," Woods said. Part of the plan is to better involve command with sexual assault and harassment issues, which will also benefit from having the Inspector General closer to SHARP offices.

The role of the Inspector General is to determine and report urgent issues on post.

The office will be relocating the week of Sept. 3, she said.

These changes arrive as the Pentagon unveils new initiatives to curb sexual assault and tackle what Defense Secretary Chuck Hagel describes as a "stain" on the honor of men and women serving in the armed forces. Last week, Hagel announced a range of initiatives to improve victim support, strengthen pretrial investigations, enhance oversight, and make prevention and response efforts more consistent across the military services.



Among the other sexual assault and harassment initiatives Hagel announced are the creation of a legal advocacy program in each military service that will provide legal representation for sexual assault victims; ensuring that pretrial investigative hearings of sexual assault-related charges are conducted by judge advocates general officers; providing commanders with options to reassign or transfer people accused of sexual assault; and developing and proposing changes to the Manual for Courts-Martial that would allow victims to give input during the sentencing phase of courts martial.

"Fort Jackson has always been ahead of what everyone else is directing, so we're almost already there," Woods said of implementing many of these new programs. "We're just making sure it's honed better and making sure we're within compliance."

Woods said the goal of these changes is to further prevent sexual assault and harassment on Fort Jackson.

"We want personnel to be satisfied and assured that, as long as you ask for help, that we're there to help them," she said.

*Milton.W.McBride3.ctr@mail.mil*

## Fort Jackson Gate Hours

<b>Gate 1</b>	5 a.m. to 1 p.m. ....	inbound and outbound traffic, Monday through Friday
	3:30 to 6 p.m. ....	outbound traffic, Monday through Friday
	Closed .....	weekends
<b>Gate 2</b>	Around the clock, seven days a week Commercial traffic on weekends only.	
<b>Gate 4</b>	5 a.m. to 8 p.m. ....	Monday through Friday
	Closed .....	weekends
	Commercial traffic must use Gate 4 on weekdays.	
<b>Gate 5</b>	5 a.m. to 1 p.m. ....	inbound and outbound traffic, Monday through Friday
	3:30 to 6 p.m. ....	outbound traffic, Monday through Friday
	5 a.m. to 8 p.m. ....	inbound and outbound traffic, weekends



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Photos by WALLACE McBRIDE

Students walk to class Wednesday morning at C.C Pinckney Elementary following an orientation assembly at the school's auditorium.

# 'The day we're most excited about'

## Fort Jackson students return to class, school board elections scheduled



Family members escort children to their first day of classes Wednesday morning, which marked the start of a new school year for Fort Jackson schools.

By WALLACE McBRIDE  
Fort Jackson Leader

There was a flurry of emotions at Fort Jackson's two schools as the new year began Wednesday morning. Students arrived by bus, car, bicycle and shoe leather, trickling through the front doors all morning as staff worked to get their charges adjusted to their new schedules.

While it was the first full day for parents and students, the year began in earnest last week during a formal gathering at C.C Pinckney Elementary. The event served as a pep rally of sorts for teachers and faculty, reminding them of last year's successes as well as the new year's challenges.

"This is the first day of school, this is the day we're most excited about," School District Superintendent Samantha Ingram told staff and volunteers during last Thursday's gathering. "As I think about the success of last year and think about our future, I want you to know that, as you join our family, you're going to be surrounded by a team of dedicated and committed educators who serve as champions for children."

"This is my second year of command, and some of my fondest memories of the last year have been at these schools," said Col. Michael Graese, Fort Jackson garrison commander. "We're facing tough times, the entire Army and Department of Defense. We're facing financial challenges, but that won't stop the momentum you guys have built here. I'm proud to serve with you guys, and I'm proud to serve you all."



Pierce Terrace Elementary School Principal Brian Perry, left, and C.C Pinckney Elementary School Principal Annie Crandle address teachers and faculty during the Aug. 15 school district opening ceremony at C.C Pinckney Elementary.

# Budget important to financial success

Preparing budgets or spending plans is a step-by-step process that allows you to project how much of your income you plan to spend in the near future. Having a plan in place is the key to financial success.

Many people who don't have a budget are living paycheck to paycheck or are depending on credit cards to help sustain daily expenses.

Budgets can be prepared the old fashion way — using pen and paper to make a list of what is coming in and subtracting what is going out. Or, by using software such as Microsoft Excel or Quicken for those who want a little more detail. Mental budgets are unreliable and can easily lead to failure because we are human and capable of forgetting little details that could have detrimental consequences that may affect our families and careers.

Almost everything in life that involves spending money evolves around your spending plan. Let's compare a spending plan to the foundation of a new home. If that foundation has a crack, then the structure of the home is going to be compromised. If a budget is not balanced and reflects a deficit, then all current and future financial goals will be compromised until the budget is balanced.

Here are a few reasons why it is important prepare and stay on track with a spending plan:

❑ **Tell your money where to go.** You work hard for your

## FINANCIAL ADVICE

By *CHRISTINE JULIUS*  
Army Community Services  
Financial Readiness

money, so when those funds are deposited in your bank account, it is your responsibility to tell those dollars where to go. In addition, telling your money where to go makes you accountable for yourself.

❑ **Keep paying those expenses on time.** Yes, that spending plan will ensure you are paying those creditors in a timely manner, which will result in your creditors reporting to the credit reporting agencies that you are current with your debt payments. In addition, it may also increase your credit worthiness, which may increase your credit score.

❑ **Establish that emergency fund you have been contemplating for so long.** Putting a little away for that rainy day is always a plus when operating with a budget. A balanced budget includes paying yourself.

❑ **Take care of the necessities.** That includes items such your rent or mortgage, food and gas. Taking care of the ba-



sics can be a challenge, especially when you have a growing family. Discerning what is a need and what is a want is the key to keeping a balanced budget.

These are just a few reasons why the budget is important. Consumers should be both confident and competent with their spending plan. Are you?

Army Community Services Financial Readiness Program offers free and confidential financial counseling. For more information, call 751-5256.

## SAMC inductee

Post Command Sgt. Maj. Kevin Benson poses with Staff Sgt. David Leakey, a drill sergeant leader with the Drill Sergeant School, who was inducted into the Sergeant Audie Murphy Club Friday. To be inducted, a noncommissioned officer has to exemplify the characteristics of Sgt. Audie Murphy, one of the most famous and decorated American Soldiers in World War II. Leakey had to prove that he was mentally and physically fit to be inducted by performing several hands-on tasks and by appearing before an induction selection board, which included command sergeants major and Sergeant Audie Murphy Club members.

Photo by WALLACE McBRIDE



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Photos by WALLACE McBRIDE

Jennifer Miller, a counselor and 10-year Army veteran, speaks about her experiences to Soldiers and staff at the Fort Jackson Officers' Club Tuesday.

# Post celebrates Women's Equality Day

By WALLACE McBRIDE  
Fort Jackson Leader

Fort Jackson celebrated Women's Equality Day a little early this year. Usually observed Aug. 26, Soldiers and post employees gathered at the Officers' Club Tuesday not only recognize to women's right to vote, which went into effect Aug. 26, 1920, but to promote awareness and equal opportunities for women.

The guest speaker for the event was Jennifer Miller, a counselor and 10-year Army veteran.

A native of Irmo, Miller served in the Reserves and on active duty as a mechanic. Her final assignment was Iraqi Freedom between 2002 and 2004, where she was injured during an attack on a convoy.

Upon returning home, a battle buddy killed himself when faced with the prospect of another deployment overseas. Today, she owns a private counseling practice and educates people on Post Traumatic Stress Disorder.

"PTSD is not a military disease," she told Tuesday's audience. "It comes from trauma. It just so happens that a lot of our service members and families deal with a



Lunch was served during Tuesday's event, which featured displays illustrating landmarks in women's history.

lot of trauma. So I decided I wanted to educate people."

The discrimination she experienced when first entering the Army was passive, she said. When given the choice of becoming a mechanic or a cook, she was encouraged to work in the kitchen. It was advice she chose to ignore.

"Be careful what you indirectly teach,"

she said. "Discrimination of any type can be taught without being talked about. I encourage you to be an example. Treat each other, and treat your subordinates, equally across the board, no matter what their job is, no matter what their gender is. It doesn't matter. They're human beings."

The Army's regular equal opportunity observances have a meaning beyond the

individual event themes, said Brig. Gen. Peggy Combs, Fort Jackson commanding general.

"These events remind us of what we're all about," Combs said. "Jennifer, thank you for sharing your story of strength, and thank you for never leaving a fallen comrade — and not even today."

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### Headed to class

Soldiers with the 369th Adjutant General Battalion wait for transportation to class Tuesday morning. The Soldiers are taking part in Advanced Individual Training, studying to become finance management and human resources special-

*Photo by WALLACE McBRIDE*



### Just keep swimming

Sally Turner, a retired Air Force family member, swims laps Tuesday morning at Knight Swimming Pool.

*Photo by WALLACE McBRIDE*



Photo by WALLACE McBRIDE

### Final preparations

Soldiers with the 3rd Battalion, 34th Infantry Regiment prepare to put their skills on display during Family Day rehearsal at Hilton Field Tuesday.

### To bee, or not to bee

Bees swarm around the upper branches of a tree on Magruder Street earlier this week. Bees are well adapted to collecting and moving pollen, and are among the most common crop pollinators in South Carolina.

Photo by WALLACE McBRIDE





Photo courtesy of the BASIC COMBAT TRAINING MUSEUM

## This week in history

On Aug. 25, 1917, Camp Jackson's first commander, Brig. Gen. Charles H. Barth, arrived. Barth served as a temporary commander of the 81st Division from Aug. 28 to Oct. 8, 1917 and again from Nov. 24 to Dec. 28, 1917. During his first month of command, more than 12,000 draftees arrived at Camp Jackson to begin their military training. During his second term as temporary commander, Hardaway Contracting Company completed the initial construction of the cantonment area and the buildings of Camp Jackson were officially turned over to the government. After he was relieved from duty at Camp Jackson, Barth continued on to Chickamauga Park in Chattanooga, Tenn., where he commanded the 13th Infantry Brigade for two days. He was named the commander of the 7th Infantry Division (Regular Army) on Jan. 1, 1918, and he remained in that position until October that year.



Photo by WALLACE McBRIDE

Hannah Isaac, 8, reads aloud the school rules during an assembly of students Wednesday morning at C.C. Pinckney Elementary School.

# School

Continued from Page 4

The district has added 22 new teachers this school year, most of whom will be working at Fort Jackson schools, Ingram said.

"We are committed to ensuring that our military children receive the highest quality of education," Ingram said.

The start of the school year is being accompanied by elections to the Fort Jackson School Board. The district began accepting nomination/candidate interest forms on Aug. 20, and interested parties have until Aug. 30 to submit applications.

There are eight open seats on the school board, which is open to parents of students attending post schools and community members living on the installation. Nomination forms can be found at C.C. Pinckney and Pierce Terrace Elementary schools. Elections will be held Sept. 5-10.

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## News and Notes

### FORT JACKSON CHANGE OF COMMAND

Fort Jackson's Change of Command ceremony is scheduled for 9 a.m., Tuesday at the Officers' Club. Brig. Gen. Bradley Becker will assume command of the Army Training Center and Fort Jackson. Becker currently serves as the assistant deputy director for joint training, J-7 on the Joint Staff.

### SSI CHANGE OF COMMAND

A Change of Command ceremony for the Soldier Support Institute is scheduled for 8 a.m. today at the SSI Auditorium. Col. (Promotable) Paul Chamberlain will assume command

of the SSI. Chamberlain currently serves as the acting director, Operations and Support, Office of the Assistant Secretary of the Army (Financial Management and Comptroller).

### COMMISSARY OPENING TUESDAYS

The Fort Jackson Commissary has reopened on Tuesdays from 9 a.m. to 8 p.m..

### CONSUMER CONFIDENCE REPORT

Copies of the Palmetto State Utility Services, Inc., Consumer Confidence Report are available at the following locations: The Commissary, the Directorate of Public Works,

Main PX, Mini-Mall, Palmetto State Utility Services, Post Office, Express - Gate 1, Express - Gate 2, the Strom Thurmond Building and the Welcome Center.

### LEGAL NOTICE

Anyone with debts owed to or by the estate of Sgt. 1st Class Melvin R. Kinard should contact Capt. Virginia B. Bailey, the summary court officer for the Soldier. Kinard passed away Aug. 2 in Columbia. To contact Bailey, call 751-3153 or email *virginia.b.bailey3.mil@mail.mil*.

# DoD partners to combat brain injury

By ELLEN CROWN

U.S. Army Medical Research and Materiel Command

FORT LAUDERDALE, Fla. — Experts from the Department of Defense and the Department of Veterans Affairs gathered Aug. 14 at the Military Health System Research Symposium to discuss the future of research on mental health and traumatic brain injury.

Discussions turned toward the National Research Action Plan, or NRAP, which is the result of an executive order signed a year ago by President Barack Obama, to improve access to mental health services for veterans, service members and military families.

The plan directs DoD and the VA to work with the U.S. Department of Health and Human Services and the U.S. Department of Education to share resources and complete certain goals. One such goal to complete within the next year is the DoD, Centers for Disease Control — Brain Trauma Foundation mild traumatic brain injury, or TBI/concussion classification project to clarify what is known and unknown about mild TBI and the critical gaps that need to be addressed.

“The National Research Action Plan creates a common road map for medical leadership to follow as we move forward to work on incredibly complex issues,” said Col. Douglas Hack, Combat Casualty Care Research program director at the U.S. Army Medical Research and Materiel Command, headquartered at Fort Detrick, Md.

“The National Research Action Plan demonstrates a dedication across multiple agencies to close critical research and care gaps, both in the military and civilian sector,” said Health Affairs Director of Medical Research Dr. Terry Rauch.

Since 9/11, more than 2.5 million service members have deployed to Iraq and Afghanistan in Operation Enduring Freedom, Operation Iraqi Freedom, and Operation New Dawn. The Armed Forces Health Surveillance Center data indicates there have been more than 250,000 cases of TBI in the military between 2000 and 2012. However, more than 80 percent of these cases were the result of non-combat injuries.

“Clearly, we are not going to stop seeing traumatic brain injuries, even in times of no war,” Hack said.

The NRAP also addresses frequently co-occurring conditions, such as depression, substance abuse related to alcohol, tobacco, and other drugs, including the misuse and abuse of prescription drugs, and chronic pain, each of which can complicate the prevention and treatment of post-traumatic stress disorder, known as PTSD, TBI, and suicidal behaviors.

“The interrelationships between TBI, PTSD, and suicidality are complex, to say the least,” said Dr. Robert Ursano, director of the Uniformed Services University School of



Photo by MELISSA MILLER, U.S. Army Medical Research and Materiel Command

**Col. Dallas Hack, right, director of the U.S. Army’s Combat Casualty Care Research Program, and Dr. Terry Rauch, Health Affairs director of medical research, discuss veterans’ mental health and traumatic brain injury during the Military Health System Research Symposium in Fort Lauderdale, Fla., Aug. 14.**

Medicine’s Center for the Study of Traumatic Stress.

“In fact, I think it was this war that highlighted these areas in relation to each other, as an opportunity for further investigation for research and treatment,” Ursano added.

Announced within the NRAP is also the creation of two joint research consortia, including the Consortium to Alleviate PTSD and the Chronic Effects of Neurotrauma Consortium. The two consortia will be established within the next six months and are within the first phase of the NRAP.

The Consortium to Alleviate PTSD is a collaborative effort between the University of Texas Health Science Center-San Antonio, San Antonio Military Medical Center and the Boston VA Medical Center, with the goal of developing the most effective diagnostic, prognostic, novel treatment and rehabilitative strategies to treat acute PTSD and prevent chronic PTSD.

The Chronic Effects of Neurotrauma Consortium is a collaborative effort between Virginia Commonwealth University, the Uniformed Services University of the Health Sciences, and the Richmond VA Medical Center with the goal of examining the factors which influence the chronic effects of mild TBI and common comorbidities in order to

improve diagnostic and treatment options.

A key point will be to further the understanding of the relationship between mild TBI and neurodegenerative disease.

“Mild traumatic brain injury is an area we need to continue to focus on, in terms of rapid evaluation, treatment and patient management,” said Katherine Helmick, deputy director of the Defense and Veterans Brain Injury Center. Most service members with TBI, she said, have a mild injury or concussion.

“With a mild TBI, most service members can have a full recovery,” she said.

In its first 12 months, the NRAP will focus on developing a more precise system to diagnose TBI and standardizing data on TBI and PTSD. Longer-term goals include confirming biomarkers for PTSD and TBI, identifying changes in brain circuitry after successful treatment, and exploring genetic risk factors.

“The plan lays out the next five years, but this is really a lifelong commitment,” said Dr. Timothy O’Leary, acting chief officer of the Veterans Affairs Office of Research and Development. “That is the promise we make to our warfighters.”

## Calendar

**Tuesday**

**Victory Spouses' Club membership drive**  
11 a.m. to 2 p.m., Balfour Beatty Community Center

**Tuesday, Sept. 10**

**Suicide Prevention Month presentation**  
9 a.m., Solomon Center  
The guest speakers will be retired Maj. Gen. Mark Graham and his wife, Carol.

**Wednesday, Sept. 11**

**9/11 wreath laying ceremony**  
9:30 a.m., Post Headquarters

**Wednesday, Sept. 11**

**Retired Officers' Wives Club luncheon**  
11:30 a.m., Officers' Club  
RSVP is required by 3 p.m., Sept. 6. For more information, call 788-1094 or 738-1220.

**Wednesday, Sept. 11**

**American Society of Military Comptrollers, Palmetto Chapter meeting**  
11:30 a.m. to 1 p.m., NCO Club

**Tuesday, Sept. 17**

**Screamfree marriage seminar**  
5:30 to 7:30 p.m., Solomon Center  
Featuring Hal Runkel, licensed marriage and family therapist. For more information, call 751-6325.

**Monday, Sept. 24**

**Suicide Prevention Month presentation**  
1 p.m., Solomon Center  
The guest speaker will be Helen Pridgen, director of the South Carolina Chapter of the American Foundation for Suicide Prevention.

**Tuesday, Oct. 8**

**LTG Timothy J. Maude Leadership Lecture**  
3 p.m., Solomon Center  
The guest speaker will be Air Force Lt. Gen. Darrell Jones, deputy chief of staff for Manpower, Personnel and Services, Headquarters U.S. Air Force.

## Announcements

### TUITION ASSISTANCE

Soldiers planning to use tuition assistance for fiscal year 2013 fall classes starting through Sept. 30 need to have classes requested in GoArmyEd before 11:59 p.m., Sept. 23. No exceptions will be made. Soldiers may request tuition assistance for courses starting Oct. 1. Requests are subject to availability of funds. For more information, call 751-5341.

### 165TH LIGHTNING CHALLENGE

The 165th Infantry Brigade Summer 2013 Lightning Challenge is scheduled for 6 a.m., Friday. The challenge features teams of officers from each battalion who will compete against each other in a series

of events. A barbecue for family members is scheduled for 1 p.m. at Weston Lake.

### CONCERT TICKETS GIVE-AWAY

The Fort Jackson Exchange will give away five tickets each to upcoming Kid Rock concerts in Atlanta and Charlotte. The give-away is scheduled from 3 to 6 p.m., Friday and is open to ID card holders 18 and older.

### CALL FOR ARTISTS

The Environmental Office is looking for submission by crafters and artists for its upcycling contest Nov. 15 during America Recycles Day. Entries have to be created from recycled or reused items. For more information, call 751-5971.

### RED CROSS VOLUNTEERS

The Fort Jackson Red Cross is accepting applications for the School Year VolunTEEN program. The program runs September through May.

Applicants must be at least 12 years old. VolunTEENS must be able to commit to one evening meeting monthly and a monthly service project, usually during one weekend day. An adult volunteer willing to assist the youth chair is also needed. For more information, call 751-4329.

### ID CARD OFFICE HOURS

The ID card office is operating on an appointment-only basis from 9:45 a.m. to 4:45 p.m., Monday through Friday. Walk-in hours are from 8 to 9:30 a.m., Monday through Friday. Soldiers in training will not be required to make appointments.

To schedule an appointment, visit <https://rapids-appointments.dmdc.osd.mil>. Customers who need to enroll in or update DEERS, reset personal identification numbers or complete DD Form 1172-2 do not need an appointment. For more information, call 751-7731.

### RETIREMENT CEREMONY

The next Third Army/ARCENT retirement ceremony is scheduled for 2 p.m., Sept. 13 at Patton Hall.

### FALL YOUTH SPORTS SIGN-UP

Parents can sign up their children for fall youth sports until Friday. Parents must take proof of a current physical and a copy of the child's birth certificate to sign up. Sign-up is under way for flag football (ages 4-8); tackle football (ages 7-12); soccer (ages 3-14); cheerleading (ages 3-14); and cross country (ages 7-14). Volunteer coaches for the fall season are needed. For more information, call 751-7451/5040.

### SPORTS BRIEFS

■ Letters of intent for flag football are due Wednesday. For active duty service members only.

■ Letters of intent for sand volleyball are due Wednesday. The league is open to recreational and active-duty teams. For military ID card holders only.

■ Labor Day 5K, 8 a.m., Aug. 31. Register by calling the Sports Office. Registration is also available on the day of the race from 6:30 to 7:30 a.m.

■ Brigade games for active duty teams in flag football, softball and cross country will be held this fall. Captains' meetings are scheduled for Sept. 19.

■ Triathlon, Sept. 28. For active duty service members only. Names are due to the Sports Office by Sept. 19.

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

### GIRL SCOUT MEETINGS

The Fort Jackson Girl Scouts meet regularly at 5957 Parker St. Girls of all school ages are welcome. For more information, call 708-9255 or email [ftjacksongs@outlook.com](mailto:ftjacksongs@outlook.com).

### BOY SCOUT MEETINGS

The Fort Jackson Boy Scouts and Cub Scouts meet each week at various times. For information about the troop or pack, call 409-9568.

### THRIFT SHOP NEWS

The Thrift Shop is looking for new board members. Please contact the store for more information.

The Golden Carriage Program provides free ball gowns for spouses of active-duty service members E5 and below.

## Housing happenings

### FAIR HOUSING

The Civil Rights Act of 1968, or Fair Housing Act, was enacted to protect people from housing discrimination based on seven protected classes (race, color, national origin, religion, sex, familial status and disability).

If you or someone you know have experienced housing discrimination, contact the Department of Housing and Urban Development at (404) 331-1021 or at [complaints\\_office\\_04@hud.gov](mailto:complaints_office_04@hud.gov). For assistance with filing a complaint, call 751-5788/7566/9323.

### ROAD CLOSURES

Residents are advised that parts of Chesnut Road from Thomas Court to Hartsville Guard Road may be closed Wednesdays and Thursdays from 10 a.m. to noon because of Family Day and graduation traffic.

### MAYORS NEEDED

The Mayoral Council is looking for volunteers to serve as mayors in Pierce Terrace 5, Pierce Terrace 6 and Howie Village. Child care is provided while performing mayoral duties.

Interested residents should call Vicki Greer at 751-7567.

**SEE SOMETHING • SAY SOMETHING**

**What to Report:**

- Unauthorized attempts to access classified or sensitive data
- Person advocating support for a terrorist organization
- Contacts that may suggest extremist group recruitment
- Suspicious behavior possibly associated with terrorist activity

# Spiritual navigation a perishable skill

By **CHAPLAIN (MAJ.) PAUL FRITTS**  
*Soldier Support Institute*

It's no secret. My land navigation skills are poor. I attribute this to the rise of GPS systems and the subsequent lack of practice.

Land navigation is a perishable skill. Fortunately, if I am provided with a map, compass, protractor, pencil and a skilled instructor who practices with me, I have every confidence I will (eventually) move from here to there with success. I will be awkward and slow at first. But with regular practice over time, I can expect my land navigation skills to become more efficient.

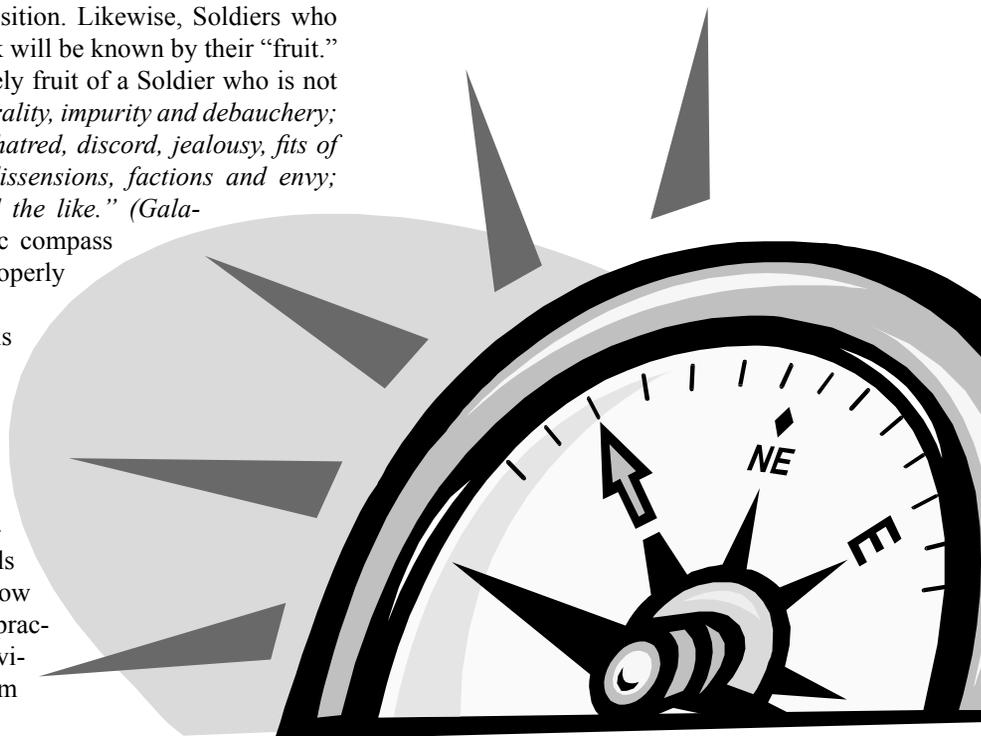
It's no secret. The resiliency skills of many Soldiers and their families are poor. How do I know? The gospel of Matthew records this teaching of Jesus: *"Do people pick grapes from thorn bushes, or figs from thistles? A good tree cannot bear bad fruit, and a bad tree cannot bear good fruit. ... Thus, by their fruit you will recognize them"* (Matthew 7:16b-20).

Apply this biblical principle to my land navigation example: I am frequently lost, but a skilled land navigator

will always know her position. Likewise, Soldiers who are unable to bounce back will be known by their "fruit."

The Bible lists the likely fruit of a Soldier who is not resilient as *"sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like."* (Galatians 5:19-21). A lensatic compass is no substitute for a properly oriented moral compass.

Spiritual navigation is also a perishable skill. Have you made a moral azimuth check lately? Take a little time today to inventory the kind of "fruit" you produce. Practicing your spiritual skills may feel awkward and slow at first, but with regular practice over time you will navigate your moral map from here to there with skill.



## Worship & Praise

### 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, Post Theater
  - 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

- Tuesday
  - 9 to 11:30 a.m. Women's Bible study (PWOC); summer meetings on July 9 and 23 and Aug. 6 at Patriot Park next to Palmetto Falls Water Park
- 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
  - 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

- 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., corner of Jackson Boulevard, 751-7032
- Bayonet Chapel**  
9476 Kemper St., 751-6322/4542
- Daniel Circle Chapel**  
3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478
- Education Center**  
4581 Scales Ave.
- 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

# Fight the bite, West Nile virus infection

By **CAPT. HEATHER FERGUSON**  
U.S. Army Public Health Command

West Nile virus is commonly found throughout the United States as well as Africa, West Asia and the Middle East. West Nile virus took a serious health toll nationally last year, causing more than 5,000 illnesses and 243 deaths. In the Maryland, District of Columbia and Virginia region, 75 illnesses and nine deaths were reported — the second highest number of cases since West Nile virus appeared in the U.S. in 1999. West Nile virus is spread by the bite of an infected mosquito and can infect people, horses, many types of birds and some other animals.

Preventing mosquito bites is the best way to avoid becoming infected with the West Nile virus.

To reduce exposure to West Nile virus:

- ❑ Use an approved insect repellent outdoors and follow the instructions on the label. Among the EPA-approved repellents are those that contain DEET, picaridin or oil of lemon eucalyptus.
- ❑ Regularly drain standing water — including water collecting in empty cans, tires, buckets, clogged rain gutters and saucers under potted plants. Mosquitoes that spread West Nile virus breed in stagnant water.

- ❑ Wear long sleeves and pants at dawn and dusk when mosquitoes are most active.

- ❑ Use air conditioning or make sure there are screens on all doors and windows to keep mosquitoes from entering the home.

There is no evidence that West Nile virus can be spread from person to person or from animal to person.

Symptoms of the milder form of illness, West Nile fever, can include headache, fever, muscle and joint aches, nausea and fatigue. People with West Nile fever typically recover on their own, although symptoms may last for several weeks. Symptoms of the more serious form, West Nile neuroinvasive disease, can include those of West Nile fever plus neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness and paralysis. Up to 80 percent of people infected with the virus will have no symptoms.

There are no medications to treat or vaccines to prevent West Nile virus infection for people. People older than 50 and those with other health issues are at a higher risk of becoming seriously ill or dying when they become infected with the virus. If people have symptoms and suspect West Nile virus infection, they should contact their health care provider.

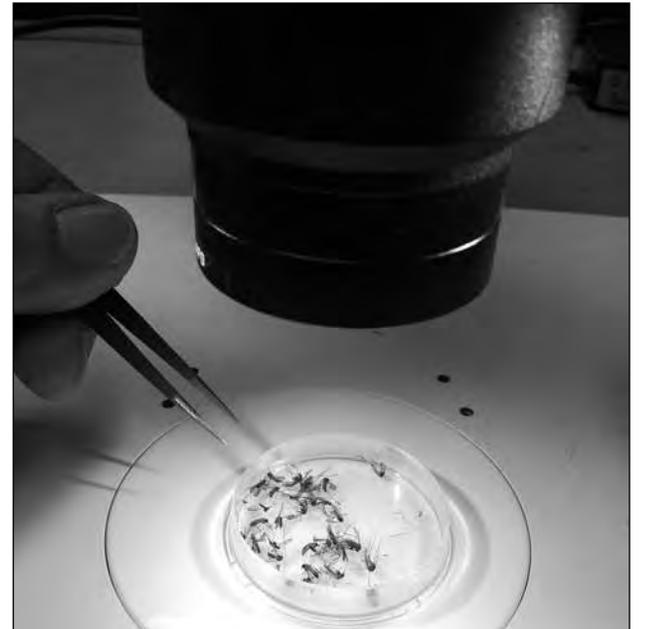


Photo by **BENEDICT PAGAC JR.**,  
U.S. Army Public Health Command

**Mosquitoes are examined under a microscope before being tested for West Nile virus.**



## 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. Thomas Lowery**  
Company A  
3rd Battalion,  
34th Infantry Regiment  
**HONOR GRADUATE OF THE CYCLE**  
Pvt. Cody Harris  
**HIGH BRM**  
N/A  
**HIGH APFT SCORE**  
Pvt. Gabriela Schiller



**Sgt. Wanda Lewis**  
Company E  
3rd Battalion,  
34th Infantry Regiment  
**HONOR GRADUATE OF THE CYCLE**  
Spc. Brandon Briggs  
**HIGH BRM**  
Pvt. Joshua Limauro  
**HIGH APFT SCORE**  
Pvt. Cody Fink



**Staff Sgt. Shane Bowers**  
Company F  
3rd Battalion,  
34th Infantry Regiment  
**HONOR GRADUATE OF THE CYCLE**  
Pvt. Casey Johnson  
**HIGH BRM**  
Pfc. Joshua Hutton  
**HIGH APFT SCORE**  
Pvt. Erik Ullrich

## SUPPORT AWARDS OF THE CYCLE

**STAFF SUPPORT**  
Staff Sgt. Herber Romero  
**FAMILY SUPPORT**  
Danielle Kirendall  
Toni Camara  
Kathy Young  
Lauri Duke

**SERVICE SUPPORT**  
Henry Cuevas  
**DFAC SUPPORT**  
Kenneth Rice  
**TRAINING SUPPORT**  
Staff Sgt. Patrick Martin

## Weekly honors



**BELL**



**MINTZ**



**JONES**



**FRANCISCO**

Follow the Leader  
on Twitter at  
[www.twitter.com/fortjacksonpao](http://www.twitter.com/fortjacksonpao).

**Sgt. Dominique Bell**  
Soldier of the week  
Third Army/ARCENT

**Sgt. 1st Class Keaton Mintz**  
Drill sergeant of the cycle  
Company A  
Task Force Marshall

**Staff Sgt. Driviendo Jones**  
Drill sergeant of the cycle  
Company C  
Task Force Marshall

**Sgt. 1st Class Gary Francisco**  
Cadre of the cycle  
Company A  
187th Ordnance Battalion

**Staff Sgt. Jared Wakeland**  
Instructor of the cycle  
Company A  
187th Ordnance Battalion

**Pfc. Raymond Allenbach**  
Distinguished honor graduate  
Company A  
187th Ordnance Battalion

**Pvt. Keon Johnson**  
Distinguished honor graduate  
Company A  
187th Ordnance Battalion

**Pfc. Phillip Romano**  
High APFT score  
Company A  
187th Ordnance Battalion

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

# Recurring meetings

## WEEKLY

### Walking away stress

Mondays and Fridays, 9 a.m., at the pecan orchard near the post office on Early Street, 751-6325.

### Range control briefing

Mondays and Fridays, 1 p.m., Education Center, Room 302, 751-7171.

### Columbia Composite Squadron (Civil Air Patrol)

Mondays, 6:30 p.m., Owens Field, main conference room. E-mail [Tom.Alsup@gmail.com](mailto:Tom.Alsup@gmail.com) or visit [www.scwg.cap.gov](http://www.scwg.cap.gov).

### Helping Everyone Reach Optimum Strength

Tuesdays, 5 to 6 p.m., Moncrief Army Community Hospital, seventh floor. Open to combat veterans and their family members.

### Protestant Women of the Chapel

Tuesdays, 9 a.m. to noon, Main Post Chapel, Bible study and fellowship. Homeschoolers are welcome. Free child care is available. E-mail [jackson.pwoc.org](mailto:jackson.pwoc.org).

### Play group

Wednesdays, 10 to 11:30 a.m., Room 8, 5615 Hood St., for children 3 and younger, 751-9035/6325.

### Toastmasters International

Wednesdays, 11:40 a.m. to 12:45 p.m., Main Post Chapel, 629-7696 or (910) 224-8307

### Alcoholics Anonymous open meeting

Wednesdays and Fridays, 9 to 10 a.m., 9810 Lee Road. For more information, call 751-6597.

### American Red Cross volunteer orientation

Wednesdays, 1 to 4 p.m., and Thursdays, 9 a.m. to noon. Only one session is required. Additional training is necessary for those volunteering in a clinical setting. Call 751-4329.

### Sergeant Audie Murphy Club Association study hall

Thursdays, noon, NCO Academy conference room, [www.facebook.com/FJSAMCA](http://www.facebook.com/FJSAMCA).

## MONTHLY

### Fort Jackson Bass Club

First Monday of the month, 7 p.m., Joe E. Mann Center. Open to active duty, retirees, DoD civilians, reservists, veterans and family members. Visit [www.jacksonanglers.com](http://www.jacksonanglers.com).

### Disabled American Veterans Chapter and Auxiliary, Woodrow Wilson Chapter #4

Second Monday of the month (September through June), 6 p.m., 511 Violet St., West Columbia, 467-8355 or [gblake12@sc.rr.com](mailto:gblake12@sc.rr.com).

### Weight Loss Surgery Support Group

☐ Second and fourth Monday of the month, noon, Weight Management Center, 180 Laurel St.  
☐ Second Monday of the month, 6:30 p.m., Palmetto Health Baptist Breast Health Center, 1501 Sumter St.,

ground level, Meeting Room 2.

### Seabees

Second Monday of the month, 7 p.m., West Metro Chamber of Commerce and Visitors Center, 755-7792 or 755-0300.

### Veterans of Foreign Wars Post 641

Second Monday of the month, 7:30 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.

### American Legion Post 182

First Tuesday of the month, 6 p.m., Officers' Club, 351-2333.

### Adjutant General's Corps Regimental Association, Carolina Chapter

Second Tuesday of the month, 11:30 a.m. to 1 p.m., NCO Club, 751-3014.

### Fort Jackson Homeschoolers

Second and fourth Tuesday of the month. For time and location, call 419-0760 or email [johnlazzi@yahoo.com](mailto:johnlazzi@yahoo.com).

### National Federation of Federal Employees

Second Tuesday of the month, 11:30 a.m., 4405 Forney St., first floor, 751-2622 or [NFFE@conus.army.mil](mailto:NFFE@conus.army.mil).

### American Legion Riders Motorcycle Group (ALR Chapter 195)

Second Tuesday of the month, 7:30 p.m., American Legion Post 195, 534 Wildwood Lane, Lugoff, 699-2598 or [alrpost195@gmail.com](mailto:alrpost195@gmail.com).

### Fleet Reserve Association Branch and Unit 202

Third Tuesday of the month, 12:30 p.m., 2620 Lee Road, 647-0040 or [turner6516@gmail.com](mailto:turner6516@gmail.com).

### The Rocks Inc., James Webster Smith Chapter

Third Tuesday of the month, 6 p.m., Post Conference Room.

### Veterans of Foreign Wars Gandy-Griffin Post 4262

Third Tuesday of the month, 7 p.m., 5821 North Main St., 754-1614 or 447-2320.

### Vietnam Veterans of America Chapter 303

Third Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 312-4895.

### Purple Heart #402

Fourth Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 351-2333.

### Sergeant Audie Murphy Club Association

First Wednesday of the month, noon, NCO Club, [www.facebook.com/FJSAMCA](http://www.facebook.com/FJSAMCA).

### Better Opportunities for Single Soldiers Adopt-A-School program

Second Wednesday of the month during the school year, 11:30 a.m. to 1 p.m., meeting at the Single Soldier Complex, Building 2447, for transportation to Forrest

Heights Elementary School, 751-1148.

### Better Opportunities for Single Soldiers

First and third Wednesday of the month, 11:45 a.m. to 12:45 p.m., Single Soldier Complex, Building 2447, 751-1148.

### Victory Riders Motorcycle Club

First and third Thursday of the month, 5 p.m., Magruder's Club. E-mail [sec@ffvictoryriders.com](mailto:sec@ffvictoryriders.com).

### American Legion Riders Motorcycle Group

Third Thursday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 360-3830.

### Society of American Military Engineers

Fourth Thursday of the month, 11:30 a.m., 254-0518 or 765-0320.

### Sergeants Major Association

Last working Thursday of the month, 4:30 p.m., Magruder's Pub, 338-1904. Open to active-duty and retired E-9s and E-8s. E-mail [William.huffin@us.army.mil](mailto:William.huffin@us.army.mil).

### MEDPROS training

Third Friday of the month, 1-4 p.m., Moncrief Army Community Hospital, Room 9-83. E-mail [Erica.Aikens@amedd.army.mil](mailto:Erica.Aikens@amedd.army.mil).

### Retired Enlisted Association

Third Friday of the month, 5:30 p.m., Moncrief Army Community Hospital, third floor, 740-2319 or e-mail [jrodgers11@sc.rr.com](mailto:jrodgers11@sc.rr.com).

### 92nd Buffalo Chapter 20 DAV

Third Saturday of the month, except July and August, 11 a.m., DAV Headquarters 511 Violet St., West Columbia, 260-1067.

### Ladies Auxiliary VFW Post 641

Second Sunday of the month, 3 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.

### Ladies Auxiliary VFW Post 4262

Second Sunday of the month, 5 p.m., 5821 North Main St., 754-1614.

### Gold Star Wives, Palmetto Chapter

Second Sunday of the month, 3 p.m., Moncrief Army Community Hospital, Third Floor conference room, 695-5345.

### Combat Vets Motorcycle Association

Third Sunday of the month at noon, (774) 451-7504, e-mail [armyaguiar@yahoo.com](mailto:armyaguiar@yahoo.com) or visit [www.combatvet.org](http://www.combatvet.org).

### Ladies Auxiliary Louis D. Simmons Post 215

Fourth Sunday of the month, 3 p.m., 2432 Chappelle St., 765-0175.

### American Legion Louis D. Simmons Post 215

Fourth Sunday of the month, 5 p.m., 2432 Chappelle St., 765-0175.

To submit a recurring meeting, email the name of the group, when and where the meeting takes place and contact information to [fjleader@gmail.com](mailto:fjleader@gmail.com).