

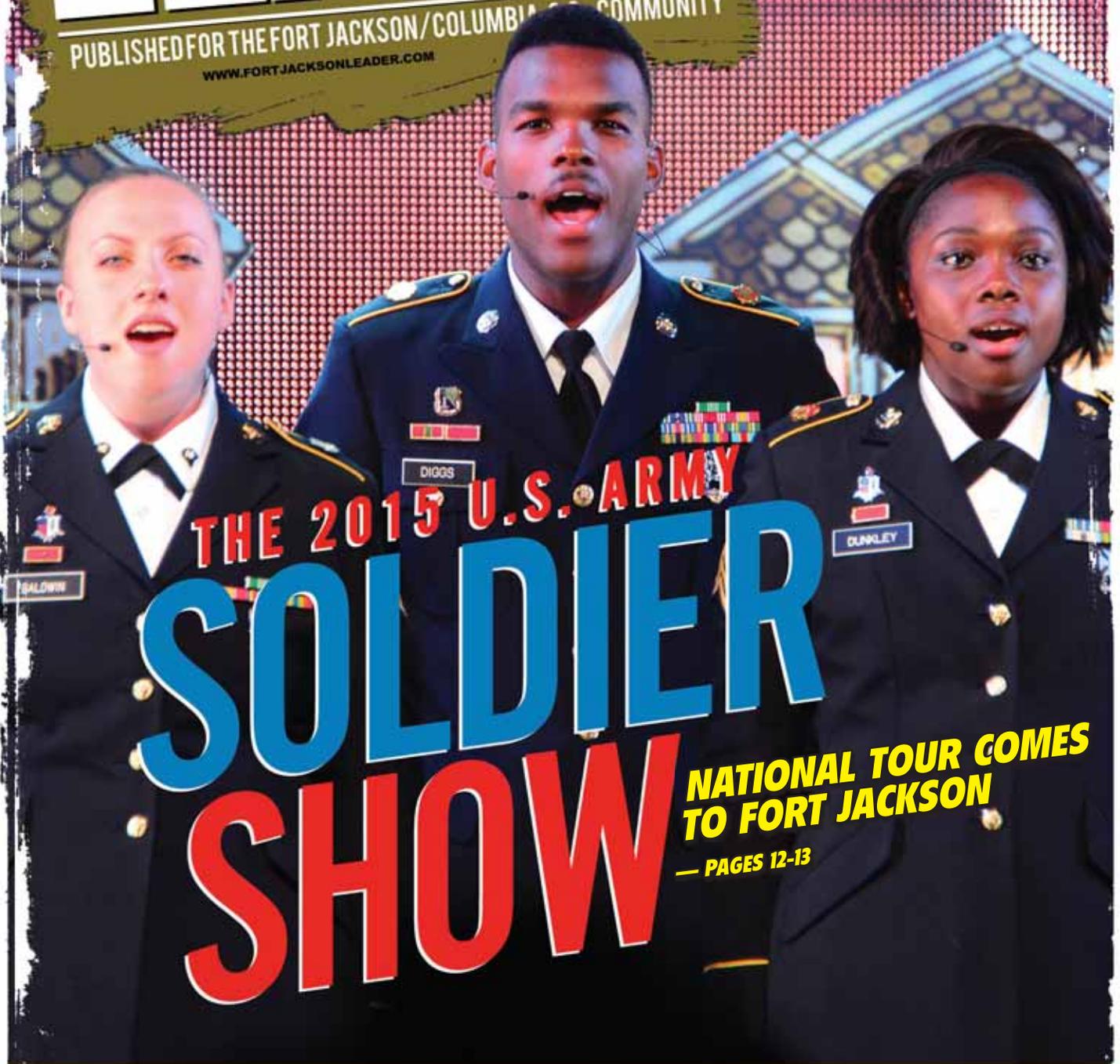
THURSDAY, JULY 23, 2015

THE FORT JACKSON LEADER

PUBLISHED FOR THE FORT JACKSON/COLUMBIA COUNTY COMMUNITY
WWW.FORTJACKSONLEADER.COM

★ GOINS PLANS
TO PUT FUN BACK
IN MISSION

— PAGE 7



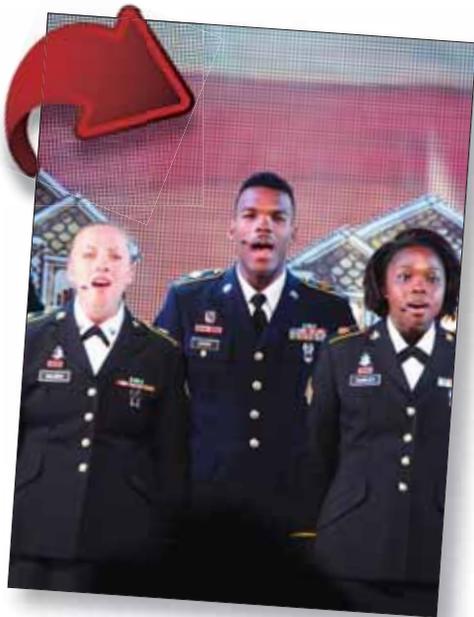
THE 2015 U.S. ARMY

SOLDIER SHOW

NATIONAL TOUR COMES
TO FORT JACKSON

— PAGES 12-13

★ HAPPENINGS, PAGE 4 ★ WORSHIP, PAGE 10 ★ HEALTH, PAGE 11 ★ MOVIES, PAGE 16 ★



ON THE COVER

Photo by ROBERT TIMMONS

Spc. Elise Baldwin, Sgt. Brandel Diggs and Sgt. Karra Dunkley belt out a tune during the opening number of the 2015 U.S. Army Solder Show Sunday at the Solomon Center.



Fort Jackson, South Carolina 29207

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

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of the Army or Camden Media Co. of the firms, products or services advertised.

All editorial content of the Fort Jackson Leader is prepared, edited, provided and approved by the Public Affairs Office of Fort Jackson.

The Fort Jackson Leader is published by Camden Media Co., a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Jackson.

The civilian printer is responsible for commercial advertising.

For display advertising rates and information call 803-432-6157 or write Camden Media Company, P.O. Box 1137, Camden, S.C. 29202. For classified advertising information only: call 800-698-3514 or e-mail sbrnham@chronicle-independent.com or fax 803-432-7609.

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

Commanding General Maj. Gen. Roger L. Cloutier Jr.
Garrison Commander Col. James W. Ellerson Jr.
Public Affairs Officer Michael B. Pond
Garrison Public Affairs Officer Patrick Jones
Command Information Officer Christopher Fletcher
Editor/Staff Writer Christine Schweickert
Staff Writer Wallace McBride
Staff Writer Jennifer Stride
Staff Writer Robert Timmons

Website: www.fortjacksonleader.com

Facebook: www.facebook.com/FortJacksonLeader

Twitter: www.twitter.com/fortjacksonpao

Community Calendar

SEND ALL SUBMISSIONS TO
FJLeader@gmail.com

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

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

Questions? Call 751-7045.

TODAY

Positive Parenting

10 a.m. to noon, Classroom 10, 5614 Hood St. Open to active-duty, retired Soldiers; Family; DOD civilians. To register, call 751-6325.

Budgeting, Banking and Checkbook Maintenance

11:30 a.m. to 1 p.m., Classroom B-206, Education Building.

Neighborhood Huddle

Noon to 1 p.m., Balfour Beatty Community Center. For residents in Pierce Terrace 1 through 7. Light lunch provided.

Musical Movie Thursday

3:30 p.m., Thomas Lee Hall Library. For children to age 12.

FRIDAY

50th birthday drop-in

1:30-3 p.m., Room 222, Strom Thurmond Building. Celebration of the 50th anniversary of the founding of Army Community Service.

Bowling outing

4:30-6 p.m., Century Lanes Bowling Center, 4464 Gregg St. Must be enrolled in Exceptional Family Member Program. RSVP: 751-5256.

SATURDAY

Auto Craft Car and Bike Show

10 a.m. to 2 p.m., near Palmetto Falls Water Park. Free to all ID cardholders. To register a vehicle, call 751-5755/0891.

Grand finale party

2 p.m., Thomas Lee Hall Library. Summer reading program party.

TUESDAY

Professional Mentorship Network Luncheon

11:30 to 1 p.m., NCO Club. Marilyn Bailey, Army career coordinator,

will speak on the topic "I'm not Aggressive. I'm Confident." Lunch \$10.50 per person. RSVP with Ms. Ferguson at bessie.b.ferguson.civ@mail.mil or 751-8187.

Story time

11 a.m., Thomas Lee Hall Library. For children ages 2 to 5.

WEDNESDAY

Is Business Ownership Right for You?

9 a.m. to 3 p.m., Room B-205, Education Center. Open to active-duty, retired Soldiers; spouses; DOD civilians. For information or to register, call Matt Thornton at 1-888-896-9444.

Maternity briefing

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

Bright Honeybee Play Group

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

Garrison town hall

10:30 a.m., post theater.

JULY 30

Evening story time

6:30 p.m., Thomas Lee Hall Library. For children 2 to 5.

JULY 31

Garrison town hall

10:30 a.m., post theater.

AUG. 1

Free school sports physicals

8 a.m. to 3 p.m., Integrated Medicine Home, first floor Moncrief Army Community Hospital. No

appointment necessary, but check-in must be no later than 1 p.m. Parents must provide their children's inoculation records.

Boxing smoker

6 p.m., Solomon Center. Doors will open at 5:30 p.m. Active-duty Soldiers interested in competing should call 751-7146.

AUG. 2

Champagne brunch

11-11:30 a.m., Officers' Club. \$14.95 for members; \$19.95 for non-members, guests; \$6.95 for children 4 to 11. For information, call 803-782-8761. Reservations: 751-4906.

HELP WANTED

The Fort Jackson Public Affairs Office is looking for a volunteer to help make the Fort Jackson website, jackson.armylive.dodlive.mil, one of the best in the Army. The ideal volunteer will have strong web-development and graphic-design skills. He or she should have strong knowledge of Adobe Illustrator, Photoshop and InDesign, and should be familiar with technical design and format for web design, coding and HTML, CSS and JavaScript. Those interested should contact Chris Fletcher at 803-751-3615 or christopher.j.fletcher3.civ@mail.mil.

Fort Jackson Gate Operation Hours

GATE 1:

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

GATE 2:

Open around the clock.

GATE 4:

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

GATE 5:

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

T minus five months ...

DENTAC commander counts down to retirement

By **CHRISTINE SCHWEICKERT**
Fort Jackson Leader

Col. Jamie Houston maintains a list of 15 jobs he might take on after retiring from the Army at year's end. But first, he'll have to relinquish command of DENTAC and then go to and come back from Honduras, where he'll lead a team of Army dentists on a mission.

"It took me 20 years to get to Fort Jackson" by way of Hawaii, Korea and Louisiana, Houston said earlier this week. It won't take him nearly as long to leave, but still, he's in no particular hurry.

At 9 a.m. Friday, Houston will relinquish command of Dental Activity to Col. Dan Fong, who will be coming from Joint Base Lewis-McChord, Washington.

It may be tough to spot Houston – he'll be in uniform and not the sweaty tennis togs many people are used to seeing him in. Houston just won fourth place in the National Senior Games, the only active-duty Soldier of 10,000 athletes. And he helped found Fort Jackson's tennis club, whose members play twice a month before heading out for burgers.

"He's got such an enthusiasm for life," says his administrative assistant, Laura Freeman, who has worked for DENTAC for 20 years and seen an assortment of personalities occupy the commander's office. "He's been a lot of fun."

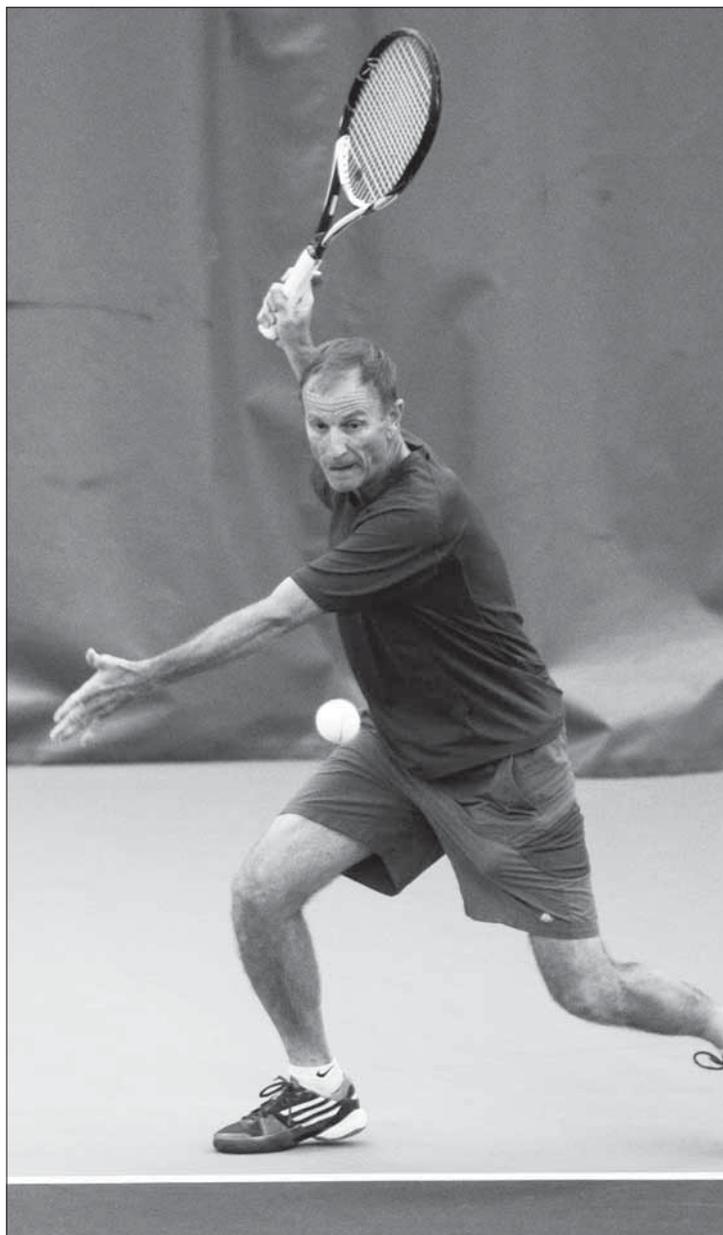
Houston, she said, loves to talk sports and finance – he has been responsible for boosting a number of Soldiers' retirement savings as the result of hallway advice – and he seldom acts like someone of retirement age.

"As far as he's concerned, I'll bet he thinks he's 30," Freeman said with a laugh. That's about the age Houston was when he went active-duty Army in 1984.

Houston came to the Army by means of a circuitous route. He had hoped to play professional ball – had even received an offer – but his dad persuaded him to stay in school. The chance never came again, though Houston continued to play baseball and basketball in college, switching to tennis in his senior year.

At 5-foot-10 and skinny as a rail, Houston knew he might be "too tiny" – his mother's words – to play pro sports for long, anyway. And since he had been an aching and asthmatic 11-year-old in the care of a compassionate dentist, he had wanted to attend dental school. So he did so and joined the Army afterward.

Hardly the shy and retiring type, Houston admits he has gotten himself into trouble a few times during his career as a Soldier. He jokes that some of the friends coming for the change of com-



File photo

During his four years at Fort Jackson, DENTAC commander Col. Jamie Houston helped found the installation's tennis club, whose members play twice a month before heading out for burgers.

mand helped him escape being court-martialed.

It took him longer than it should have to make lieutenant colonel, too, he said. But in 2001, he did. And then he managed 14 clinics in Iraq and Kuwait, which "changed my career."

Houston came to DENTAC at Fort Jackson in July 2011. He said he had ac-

complished nothing since – his staff was responsible for DENTAC's winning superior ratings on six of 10 exemplars the Army examines, so "the guy that's following me is going to be in good shape."

Maybe "the guy" also will work with the downtown homeless shelter and the elementary schoolchildren on post, and help organize next year's "Tooth Fairy

5K" in February, too.

Among Houston's options now are following his wife, Emine, around the world – she's a traveling mathematics professor with the University of Maryland.

He could join Troops to Teachers, become a missionary dentist or work for a recycling concern.

Or he could become an investment counselor, something he also has done in the Army.

Houston began counseling Soldiers on finance at the start of the Iraq war, when his commander at Fort Hood, Texas, realized that a number of Army wives didn't know how to make last the money they received when their husbands were killed. He asked Houston to teach them.

In his classes, Houston often uses finances to preach good health: Invest the money you spend on alcohol and cigarettes, he tells Soldiers, and you'll be healthier and wealthier.

"Col. Houston has volunteered his services with the Financial Readiness Program since he arrived on Fort Jackson," said Madelyn Mercado of Army Community Service. "He is passionate about teaching Soldiers how to invest funds and has taught several Investing 101 classes for us.

"(He) recognizes the importance of having good money-management skills and is committed to ensuring Soldiers and Families obtain the necessary tools."

During lunchtime in his office, Houston makes financial calculations on a flip chart, to keep in practice.

But ask him what he's most passionate about, and the answer has to be sports – tennis in particular. As long as he can hold a racquet, Houston intends to play and to recruit others.

Last week, Houston came in fourth place during the National Senior Games in Minneapolis. Playing in the 60-to-64 age group, he eventually lost to a retired Air Force master sergeant, the second time in four years that Houston had played in the semifinals before losing to the eventual winner.

Maybe next year, he said, he'll switch to sprinting. Sprinting inspires him.

In 2013, he was a Personal Best ambassador for the games.

Houston has competed at the National Senior Games since he was at Fort Hood in 2005, but his eyes light up when he describes this year's games. This year, athletes stayed in co-ed dorms, where they watched the U.S. women's soccer team win the world championship.

"It was magical," he said with a grin – "just magical."

HAPPENINGS

ANNOUNCEMENTS

OFFICER CANDIDATE REUNION

■ All alumni are invited to celebrate the 75th anniversary of the Army Officer Candidate School during a reunion April 24-28, 2016, at the Double Tree Hotel, 5321 Sidney Simmons Blvd., Columbus, Georgia. The event will include demonstrations and briefings related to OCS, tours, a memorial/monument walk, an OCS Hall of Fame induction ceremony and an award dinner at the National Infantry Museum. Alumni also may wish to organize mini-reunions during the event. Cost is \$111 per night, which includes breakfast. To request a reservation, call the hotel at 706-327-6868. Current members and those who wish to become members of the alumni association may attend. For further information about the celebration or membership, call Nancy Ionoff at 813-917-4309 or visit www.ocsalumni.com.

PARENTS AND FAMILIES

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

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

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

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

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

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

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

CHILDREN AND YOUTH

■ School-aged children are eligible for a free hot lunch each weekday throughout the summer. Lunches are available at the SKIES building, 6100 Chesnut Road.

SCHOOL NEWS

■ Parents who wish to enroll their children at



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

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

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

Pierce Terrace or C.C. Pinckney elementary schools for the 2015-2016 school year may pick up registration packets at either school this summer.

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

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

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

■ South Carolina requires all rising seventh-graders to receive booster shots against tetanus, diphtheria and whooping cough by the start of the 2015-16 school

year. For information, call 803-785-2698.

ENGLISH AS A SECOND LANGUAGE

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

EMPLOYMENT READINESS

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

EXCHANGE NEWS

■ The Army & Air Force Exchange Service has extended its layaway program until Aug. 31 to include computers for students. Exchange shoppers may lay away computers, notebooks, tablets and iPads - items typically not included in the program. A \$3 service fee and a 15 percent deposit will hold items. Visit customer service for details.

■ The Army & Air Force Exchange Service

is seeking 20 food-service workers for the Starbucks that will open on post later this year. Workers will earn at least \$8.70 an hour. To apply, visit applymyexchange.com.

■ In honor of its 120th anniversary, the Army & Air Force Exchange Service is pumping up gas savings by doubling the discount for MILITARY STAR® cardholders. Friday through Sunday, drivers fueling up with a MILITARY STAR® card at an AAFES station will receive 10 cents off per gallon. From Friday through July 30, shoppers also may find discounts on electronics, furniture, gas grills and home exercise equipment on shopmyexchange.com.

■ The Army & Air Force Exchange Service wants to know how satisfied military shoppers are with their service and is giving away more than \$2,000 in Exchange gift cards to find out. Through Aug. 31, Exchange shoppers who fill out a satisfaction survey from their register or e-receipts will be entered to win a \$250 Exchange gift card each week. To be eligible to win, each shopper must complete the survey and provide a name and contact information.

COMMISSARY NEWS

■ Visit www.commissaries.com for the latest news, to see what is on sale, to create a shopping list and more.

SPORTS

FALL SPORTS

Registration for FMWR fall sports has opened:

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

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

Tackle football – ages 5 to 12, \$65. Registration open through July 31.

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

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

Call 751-7451 for more information.

HOUSING

MAYORS NEEDED

The Mayoral Council seeks volunteers to serve as mayors for the Pierce Terrace 1, 2 and 3, and Howie Village neighborhoods. Free child care is available for those performing mayoral duties. For information, contact Vickie Grier at usarmy.jackson.imcom-atlantic.mbx.fort-jackson-dpw-housing@mail.mil.

RECYCLING AND TRASH

All trash must be placed in the provided containers or in plastic bags. Recycling items are to be placed in the blue bins provided. No trash of any kind may be put out before 7 p.m. the evening before scheduled pickup. All containers must be pulled from the curb and properly stored on the day of collection. To learn your pickup date, call 803-738-8275.

Volunteers receive Helping Hand Awards

From Staff Reports

Post commander Maj. Gen. Roger Cloutier acknowledged Fort Jackson volunteers during an award ceremony Tuesday at the Joe E. Mann Center.

Cloutier presented the Commanding General's Helping Hand certificate to 61 volunteers from across post who had promoted and strengthened community volunteer efforts, supported professional management, enhanced volunteer career mobility and established volunteer partnerships to support individual personal growth.

The quarterly awards give volunteers "a pat on the back from the Fort Jackson commanding general for helping Fort Jackson and the surrounding community," said Marilynn Bailey, Army Volunteer Corps coordinator.

Any agency or directorate on post can nominate a volunteer.

Units wishing to nominate a volunteer must provide justification letters with their nomination information.

Additional information is available at www.fortjacksonmwr.com/acs.



Photo by DAVID SHANES

Sixty-one people received Helping Hand volunteer awards on Tuesday at the Joe E. Mann Center. The 12-year-old award recognizes and rewards volunteers throughout the year, said Marilynn Bailey, Army Volunteer Corps coordinator. It gives volunteers 'a pat on the back from the Fort Jackson commanding general for helping Fort Jackson and the surrounding community.' Any agency or directorate can nominate a volunteer for recognition.

Drill sergeants hope to show leadership skills

BY ROBERT TIMMONS
Fort Jackson Leader

Only the cream of the crop rise to the top of their trade. For Army drill sergeants and Advanced Individual Training platoon sergeants, the apex of their crafts is to become drill sergeant leader or platoon sergeant leader.

Assessment and selection of DSLs and PSLs took place Tuesday and Wednesday, with open interviews at the U.S. Army Drill Sergeant Academy on Fort Jackson.

When selected, the new leaders will be tasked with training Soldiers going through the academy.

The semiannual selection process consists of an interview and a physical fitness test in which the non-commissioned officers must pass each event with a score of 70 or higher.

Applicants come from all four Army Training Centers and the National Guard and Reserve, said Sgt. Maj. Edward Roderiques, deputy commandant for the U.S. Army Drill Sergeant Academy. If a Soldier is selected to become a DSL, his losing unit will be able to fill the vacancy.

Soldiers from different training installations bring with them different skill sets, said Sgt. 1st Class Eugenio Serrano, a drill sergeant leader at the academy. For instance, a drill sergeant from Fort Benning, Georgia, will know about how training Infantry Soldiers at that post works, he said.

DSLs bear a large responsibility to improve the Army. "It is very much a career-enhancement opportunity," Roderiques said. "It's a rare opportunity for them to give back to the Army."

Some of the prospective DSLs agreed. "This is the chance to train the best NCOs there are that come through the Academy," said a nervous Staff Sgt. Adam Sherwood, a drill sergeant with Echo Company, 3rd Battalion, 34th Infantry Regiment on Fort Jackson.



Photo by ROBERT TIMMONS

Staff Sgt. Peter Hicks, an Idaho Guard and Reserve member, and Staff Sgt. Adam Sherwood, a drill sergeant with Echo Company, 3rd Battalion, 34th Infantry Battalion, await interviews.

DSLs are on a "whole other level" from a drill sergeant, Roderiques said. They will have double the attributes of a drill sergeant, such as being more confident and more fit.

Each candidate will be assessed on verbal expression, stability, knowledge and experience, social ability and military bearing by a board comprising academy leadership.

The candidates will go through a certification process before being able to wear the tan belt of a DSL. If the DSL is especially good, he can attain the status of senior DSL and wear a coveted green belt and become what Roderiques said was the "PhD level of what it is to be a drill sergeant ... masters of all aspects of the realm."

Female Rangers move to next training phase

The three women enrolled in the Ranger course at Fort Benning, Georgia, have moved on to the Mountain phase of the course, along with 158 other Soldiers.

The Soldiers have completed the Ranger assessment and Darby phase of the Ranger course — the latter of which includes fast-paced instruction on leading troops, the principles of patrolling, demolitions, field craft and basic battle drills.

The Mountain phase consists of four days of military mountaineering training, four days of techniques training, 10 days of student-led patrols and one administrative day, during which the students receiving counseling on their performance.

Soldiers being asked for thoughts on uniforms

Soldiers should check their emails in the coming weeks for the chance to provide input on possible revisions to the Army uniform policy. Senior Army leaders have authorized an online survey across commands to receive feedback on several topics.

Among the questions on the survey will be one on gender-specific headgear for drill sergeants. Soldiers also will be asked whether the service cap also should be gender neutral version.

The survey also will seek input on a replacement for the black windbreaker, sock color and PT uniform.



Army News Service photo

Col. Morris Goins, then commander of the Army's 4th Brigade Combat Team, 25th Infantry Division, speaks to his troops and their families before deployment to Afghanistan in 2011. The brigade worked to improve security, detain insurgents and train Afghan forces.

Goins strives to put fun in organization

BY CHRISTINE SCHWEICKERT
Fort Jackson Leader

Col. Morris Goins sits in a chair as if he were a coat draped across it.

He uses Monty Python to explain his management philosophy as chief of staff – not the “troupe” one might expect.

And among the scribbles he keeps in a notebook in his blouse pocket is a list of “tasks the boss gives out,” as well as notations of the biggest candy dishes on post.

Goins has come to Fort Jackson to put the “fun” back in the mission. He is, he says, “just a dude trying to get things done” – and tops on the list is making people happy.

But as chief of staff and, perhaps, top meeting presider on post, he also has the ability to keep even the commanding general on track and on topic. Nobody, he said during an interview Monday, likes meetings that “go down rabbit holes.” Keeping them short gives people time to do their jobs.

“(I’ve been) proven in combat,” Goins said, comparing his current job to his past. “When something’s difficult to get done, I’ll get it done.”

That’s easier as part of a mostly new management team, he said: There are no biased expectations.

At his first gathering with “all the Gs” he supervises – G1 through G8 – last week, he passed out a list he called “How I Like To Operate,” which he freely admitted contained typos and errors of grammar. Then he paced as he elaborated on the list, every once in a while reading over the shoulder of a Soldier following along.

“I like helping people – it’s just whom I am,” he told approximately 40 Gs before inviting them to stop by his office to

sample the peach cobbler somebody brought in.

“If there’s anything you think I can do for you, I know a couple of people in the Army. Just come by and chat.”

Yeah, sure. “A couple.” Goins came to Fort Jackson from the Pentagon.

That’s where he got to know Maj. Gen. Roger Cloutier, Fort Jackson’s commanding general. It was Cloutier who asked Goins to be his chief of staff, and Goins has “always been one to go where people asked me.”

Since the age of 8, Goins never has wanted to be anything but a Soldier, says his wife, Yolanda.

“Morris always demands the most of himself,” she said. “He lives by the self-management philosophy that ‘execution’ is the only word that matters. Anything other than that is just an excuse.

“When things aren’t right, it will keep him up at night.”

During his career, Goins has been a United Nations military observer. He has deployed to Iraq, Kuwait and Afghanistan, and been stationed in Korea, Alaska and – early on – at Fort Jackson.

He finds his present time at Fort Jackson more relaxed – the people are nice, and so is the weather. Cloutier has imbued him with “trust and empowerment.” And he has time to breathe, to think, to find answers before a higher-up demands them.

“It’s not so immediate,” he said, comparing his two most recent postings. “The pace isn’t as intense (as it was at the Pentagon, but) that doesn’t mean it’s not as important.” What could be more important than training more than 50 percent of America’s new Soldiers each year?

THE MORRIS GOINS ★★★★★ PHILOSOPHY OF LEADERSHIP

ON SCHEDULING

“I expect to be the first one up and the last one out.”

EXPECTATIONS

“I will be hard on you, (so) when you get in front of the boss, you will be perfect.”

TEAMWORK

“(If) I hear people say ‘my’ or ‘me’ or ‘I,’ then we’re not a team.”

LOYALTY

“I will never, ever chuck you under the bus.”

PROFESSIONALISM

“If you know I’m going to take care of you as an individual, and we’re training you as a professional as an individual, then that builds your quality of life.”

Goins

Continued from Page 7

And what could be more fun?

Maria Jones was on leave when Goins stopped by her desk in the 193rd Brigade and found her “beast” of a candy bowl. S1 was filling in for her and got the credit in her stead. On Tuesday, Jones was philosophical about the misplaced credit, issuing an open invitation for Goins to return to sample a better stocked bowl.

“That’s fantastic,” she said of hers being dubbed the best candy bowl. “If he were to come in, I would fill it up” for him.

After only a couple of weeks at his boss’s side, Goins’s deputy also finds himself eagerly anticipating the future.

“We need leaders ... with the ability to inspire and unite individuals and organizations” across post, said Gerald Henderson, deputy chief of staff. “He will, undoubtedly, be one of the best that we have ever had.

“He is tremendously team oriented, has a great sense of humor and is very Family oriented. ... Fort Jackson and the community will fall in love with both him and his wife, Yolanda. They are just good people.”

Goins already has invited all the Gs to his house for lunch this weekend, where he is likely to be wearing jeans and a stained red fishing cap.

Goins also says he intends to send them all birthday cards. To ask after their families. To treat them all as individuals.

“That’s the difference between building a team and ... just talking about it,” Goins said. “In the long term, (that’s how) we help the institution (Big Army) get better. In the short term, I owe it to the ones who are here” to care about them.

“The mission – what we do here at Jackson – that in and of itself is enormous.”

And unhappy people won’t get it done.



Photo by STAFF SGT. MATTHEW E. WINSTEAD, U.S. Army Alaska

Goins perches patiently in the dunk tank during a family fun fair for the 4th Brigade Combat Team, 25th Infantry Division in Alaska. He made a surprise visit from Afghanistan.

WORSHIP SCHEDULE

ANGLICAN/LITURGICAL

Sunday

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

CATHOLIC

Sunday

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

Monday through Thursday, first Friday

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

Wednesday

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

CHURCH OF CHRIST

Sunday

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

ISLAMIC

Sunday

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

Friday

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

JEWISH

Sunday

- 9:30-10:30 a.m., worship, Memorial Chapel
- 10:30-11:30 a.m., book study, Post Conference Room

LATTER-DAY SAINTS

Sunday

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

Wednesday

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

PROTESTANT

Sunday

- 9 a.m., service, McCrady Chapel (SCARNG), McCrady Training Center
- 9:30 a.m., Hispanic service, Magruder Chapel
- 9:30 a.m., service, Main Post Chapel
- 9:30 a.m., Chapel Next Bible study, Bayonet Chapel
- 10:30 a.m., gospel worship service, Daniel Circle Chapel
- 10:45 a.m., Sunday School, Main Post Chapel
- 11 a.m., service, Memorial Chapel
- 11 a.m., Chapel Next, Bayonet

Bible study offered

Protestant Women of the Chapel is now offering its summer Bible study, "Unwrap the Bible."

On video, speakers Beth Moore, Priscilla Shirer, Lisa Harper, Sheila Walsh and Christine Caine will discuss biblical characters from Hagar and Sarah to Jesus's mother, Mary.

Meetings will be 10-11:30 a.m. Tuesdays through Aug. 14, at the Main Post Chapel, 4580 Scales Ave.

For information about the Bible study, contact jacksonpwoc@gmail.com or visit Fort Jackson PWOC on Facebook.

Those desiring free child care should contact Children, Youth and School Services.

Chapel

- 5-6:30 p.m., youth group, Chaplain Family Life Center

Monday

7 p.m., men's Bible study (PMOC), Chaplain Family Life Center

Wednesday

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

Thursday

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

ADDRESSES, PHONE NUMBERS

Anderson Street Chapel, 2335 Anderson St., 751-7032

Bayonet Chapel, 9476 Kemper St., 751-6322/4542

Chaplain Family Life Center, 5460 Marion Ave. (parking lot side), 751-4961

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

Education Center, 4581 Scales Ave.
Installation Chaplain's Office, 4475 Gregg St., 751-3121/6318

McCrady Chapel (SCARNG), 3820 McCrady Road (at McCrady Training Center)

Magruder Chapel, 4360 Magruder Ave., 751-3883

Main Post Chapel, 4580 Scales Ave., 751-6469/6681

Memorial Chapel, 4470 Jackson Blvd., 751-7324

U.S. Army Chaplain Center and School, 10100 Lee Road

Warrior Chapel (120th Adjutant General Battalion), 1895 Washington St., 751-5086/7427



www.fortjacksonleader.com
www.facebook.com/fortjacksonleader
www.twitter.com/fortjacksonpao

Fiber. It's not glamorous, but we need it

Those of us who try to eat healthfully know that we need fiber. Other than that fact, though, fiber largely remains a mystery.

I am a firm believer in food awareness – that is, if we can understand how important it is to include or not include something in our diets, we may make wiser choices at mealtime. In that spirit, let's look at what fiber is and what it can do for our diets.

Fiber is, for the most part, indigestible. It comes from the outer layers of plants and is a special kind of carbohydrate that passes through the digestive system without being broken down into nutrients. For example, millers remove the fibrous part of wheat when they make flour. So, processed foods such as white breads, pizza crusts and regular pasta contain little fiber.

But we want and need fiber in our diets, so – it follows – we should eat less processed foods. Getting enough fiber is a big deal because it plays a huge part in digestion.

Fiber is dense, so it makes us chew food more thoroughly. This allows the fiber to slow the eating process, which makes us feel full.

If you have fiber in your food, that feeling stays with you longer, making us eat less.

Fiber slows down how fast we absorb and digest our foods. It works with glucose (sugar) to determine how fast it will hit our bloodstream. This helps level our blood sugar, providing dietary value.

Look for foods closer to their natural states: all-natural cereals, whole-grain breads – read the label to be sure – as well as beans, fruits, vegetables and nuts. The tough



THE WEIGH IT IS

By PAMELA JAMES-LONG

texture of these foods is where the fiber is. Understand, though, that meats can be chewy or tough – but they don't contain fiber. Only plants produce fiber.

WHAT DOES FIBER DO?

Fiber comes in two main types, and each has a different effect on our bodies.

The first type of fiber is insoluble fiber. It comes from plant cell walls and does not dissolve in water. Such fiber is used to make laxatives.

Soluble fiber comprises three simple carbohydrates and dissolves in water. It lowers blood cholesterol and blood sugar levels.

The bottom line is that both fibers play crucial roles in a healthy diet.

Fiber may not perform the most glamorous of physi-

cal functions, but getting enough will keep your stools soft and keep the contents in your intestines moving, decreasing bloating or constipation.

Take in 25 to 30 grams daily for the best result. Bran has the highest fiber content, at about 25 percent to 45 percent.

Other great choices include apples, beans, broccoli, oranges and berries.

To help make the adjustment to a higher-fiber diet, drink at least eight 8-ounce glasses of water daily.

FIBER AND WEIGHT LOSS

Fiber also aids weight loss. Because it slows things down, it keeps you fuller longer, so you will eat less.

Also, because fiber is dense and active in your intestines, it speeds the elimination process – also aiding in weight loss.

Remember, though, if you increase your fiber intake too quickly, you might experience bloating, cramping or gas. Try to be patient with the process. Increase your water intake and wait until your body adjusts to the addition of fiber.

Or, better yet, gradually add fiber to minimize the discomfort.

Make sure you to take in fiber daily. This dietary powerhouse will benefit your health and your waistline.

Pamela James-Long is a fitness programmer with the Directorate of Family and Morale, Welfare and Recreation.

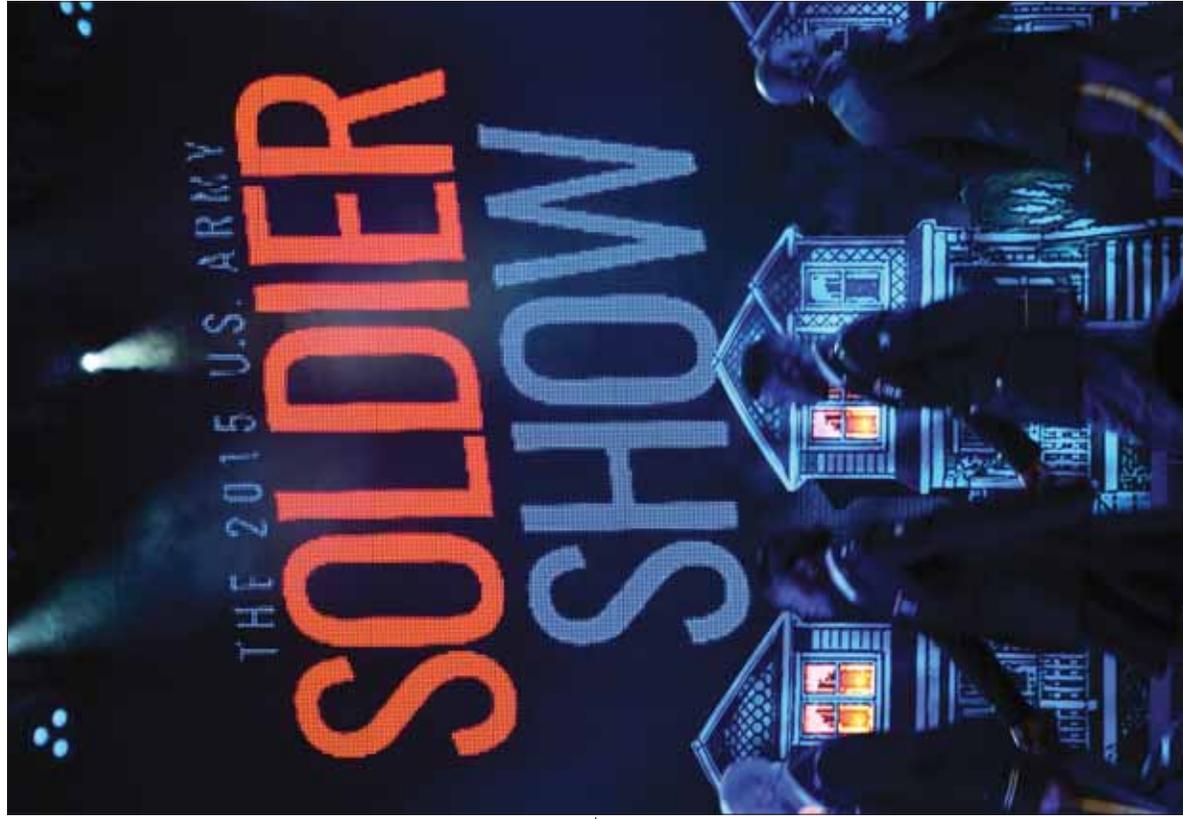


Photo by ROBERT TIMMONS
Cast members of the 2015 U.S. Army Soldier Show move past the title screen during the show's opening number Sunday at the Solomon Center. The show was the second of two. The first, on Saturday, was for Soldiers and the second, open to the public.



Photo by ROBERT TIMMONS
Spc. Elise Baldwin and Sgt. Andrew Enriquez sing about Soldiers returning home from World War II during the 2015 U.S. Army Soldier Show on Sunday evening at the Solomon Center.



Photo by DAVID SHANES
Sgt. Darius Riggins performs during last weekend's Soldier's Show event.



Photo by ROBERT TIMMONS
Spc. Jovan Maitres belts out a Latin-themed number during the 2015 U.S. Army Soldier Show on Sunday evening at the Solomon Center.



Photo by DAVID SHANES

New theme, talent on display at Army's song-and-dance show

SHOW TIME



Photo by DAVID SHANES

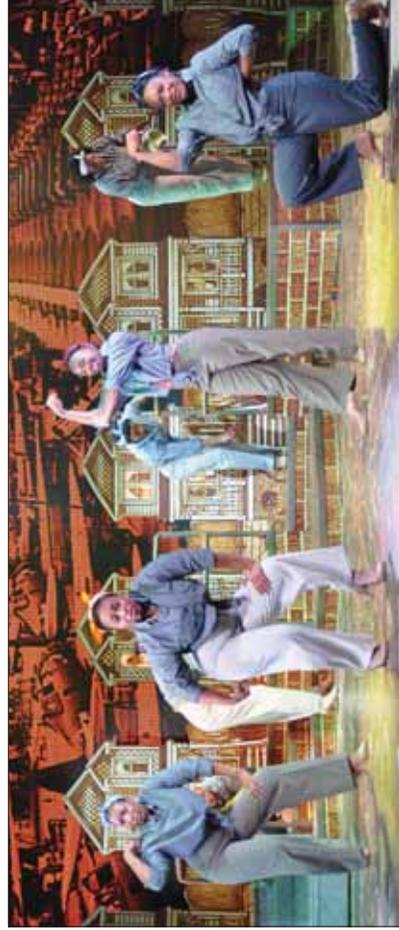


Photo by DAVID SHANES
Above, Soldiers illustrate the theme of this year's Soldier's Show tour, 'We Serve,' which was dedicated to the 50th Anniversary of the Vietnam War and included Patrick W. Stephenson, who fought in the Battle of Ia Drang Valley in 1965.

Don't swat mosquitoes – prevent them

By ZIA MEHR
Entomologist, Army Public
Health Command

Being outdoors increases your risk of being bitten by mosquitoes – and being exposed to the diseases they carry.

In the United States, mosquitoes can spread West Nile fever, dengue, chikungunya and several other debilitating diseases. They also are responsible for transmitting heartworm in dogs.

To better educate Army personnel on protecting themselves and their pets against mosquito-borne disease, the Entomology Program of the Army Institute of Public Health has released a video on controlling mosquitoes in and around the home. You can find the video on YouTube.

All mosquitoes have one common requirement: They need water to complete their life cycle.

“Mosquitoes grow in almost any source of water, including fresh water - even if heavily polluted - saltwater marshes, brackish water and sewage,” said Tom Burroughs, entomology program manager at the Army institute. “Mosquitoes can live in the water in

tin cans, bird baths, barrels, ornamental ponds, boats, canoes, discarded tires, plant pots, clogged gutters and poorly maintained swimming pools.”

You can take steps around the home to decrease mosquito breeding and protect yourself from being bitten.

According to the video, you can control mosquitoes by reducing larval and adult populations, and avoiding contact with mosquitoes.

Mosquitoes also bite indoors, so you need to prevent mosquitoes from gaining entry into living and sleeping quarters and eliminate those that might already be there.

Keep in mind that adult mosquitoes can fly several miles from the water source where they developed, so trying to control mosquitoes only on certain premises may not eliminate all biting activity.

You may need a communitywide effort to reduce mosquito levels.

“This will require the cooperation of neighboring homeowners, homeowners associations and local government agencies to reduce adult populations and breeding sites,” Burroughs said.



To view a video outlining Army entomologists' tips on controlling mosquitoes, visit www.youtube.com/watch?v=1tYQC1c3yew.

Program lets Soldiers take a break for school

By **LISA FERDINANDO**
Army News Service

Staff Sgt. Jessica Cotton had a tough choice to make. Should she re-enlist in the Army or hang up her uniform and become a lawyer?

But the eight-year Soldier - a drill sergeant at Fort Leonard Wood, Missouri - didn't have to quit the Army to attend law school. She chose both career options with help from the Career Intermission Pilot Program.

The program allows as many as 20 enlisted Soldiers and 20 officers each year to take a break from service for as long as three years, said Albert S. Eggerton of the Career Intermission Pilot Program, G-1. During that time, the Soldiers would be in the Individual Ready Reserve.

IRR is designed for "our best people who have a future in the Army and have future career success on the horizon but are facing challenges in their own personal life or in their professional development lives that the Army can't meet," Eggerton said.

"I was dead set on going to law school," said Cotton, a student at Thomas Goode Jones School of Law at Faulkner University in Alabama.

Cotton, who wants to concentrate on



Photo by STAFF SGT. MYLINDA DUROUSSEAU

Staff Sgt. Mylinda Duroousseau, a public affairs non-commissioned officer in Alaska, is taking time off with the Army Career Intermission Pilot Program to tend to family commitments and complete her bachelor's degree.

criminal law, is happy to have been selected for the sabbatical program. Her goal is to join the Judge Advocate General Corps when she returns after her three-year break.

Her advice to Soldiers considering taking time off for school: "Save, save, save

... and save some more" and consider a military-friendly school that has a Veterans Affairs representative.

"Because this is a new program ... you need somebody who is familiar with your benefits and things like that to be able to

Individual Ready Reserve

Soldiers interested in applying for the Individual Ready Reserve may visit the Human Resources Command website — www.hrc.army.mil — for more information or contact their career representatives at HRC.

navigate this program and what you are entitled to," she said.

IRR allows the Army to retain Service members who otherwise might have to leave, Eggerton said. The program is selective - the Army is looking for enlisted Soldiers and officers who have the greatest need for the benefit.

Service members return after their break with the same rank and same time in service as when they left. They receive one-fifteenth of their base pay during their time away. For every month off, a Soldier owes the Army two months of active-duty service.

The Soldier receives no promises about where he or she will be assigned upon return. Those ultimately depend on the needs of the Army, Eggerton said.

The Army started the program in 2014. The first selectees are just now beginning their sabbaticals.

Saluting this BCT cycle's honorees

DRILL SERGEANTS OF THE CYCLE.

Photos by OITHIP PICKERT, Public Affairs Office



Staff Sgt.
Allen Addison
B Company
3rd Battalion,
13th Infantry Regiment

**HONOR GRADUATE
OF THE CYCLE**

Pvt. Cynthia Paddon

**STUDENT LEADER
OF THE CYCLE**

Pvt. Ty D. Matthews

HIGH BRM

Pvt. Daniel R. Foust

HIGH APFT

Pvt. Ty D. Matthews



Staff Sgt.
Sean Rodman
C Company
3rd Battalion,
13th Infantry Regiment

**HONOR GRADUATE
OF THE CYCLE**

Spc. Harry Bradley III

**STUDENT LEADER
OF THE CYCLE**

Pvt. Cynthia Hernandez

HIGH BRM

Pvt. Jorge Vallejo

HIGH APFT

Pvt. Truc Le



Sgt. 1st Class
Edwin D. Summers
E Company
Lightning Battalion

**HONOR GRADUATE
OF THE CYCLE**

Spc. Andrew D. Hurst

**STUDENT LEADER
OF THE CYCLE**

Spc. Justina Buck

HIGH BRM

Spc. Andrew D. Hurst

HIGH APFT

Spc. Kathleen R. Thomas

Reel Time Theaters

Fort Jackson Movie Schedule

3319 Jackson Blvd. PHONE: 803-751-7488

Friday

"Insidious: Chapter 3" (PG-13),
7 p.m.

Saturday

"Insidious: Chapter 3" (PG-13),
2 p.m.

"Max" (PG), 4 p.m.

Sunday

"Max" (PG), 2 p.m.

"Spy" (R), 4:30 p.m.

Wednesday

"Spy" (R), 2 p.m.

"Jurassic World" (PG-13), 4:30 p.m.

Friday, July 31

"Inside Out" (PG), 7 p.m.

Saturday, Aug. 1

"Insidious: Chapter 3" (PG-13),

2 p.m.

"Magic Mike XXL" (R), 4 p.m.

Sunday, Aug. 2

"Max" (PG), 2 p.m.

"Inside Out" (PG), 4:30 p.m.

Wednesday, Aug. 5

"Jurassic World" (PG-13), 2 p.m.

"Inside Out" (PG), 4:30 p.m.

TICKETS

Adult: \$5.50

Child (6-11): \$3

3D TICKETS

Adult: \$7.50

Child (6-11): \$5

● Ticket sales open 30 minutes before each movie.

● Movie times and schedule subject to change without notice.