

THURSDAY, JULY 18, 2013

# THE FORT JACKSON LEADER

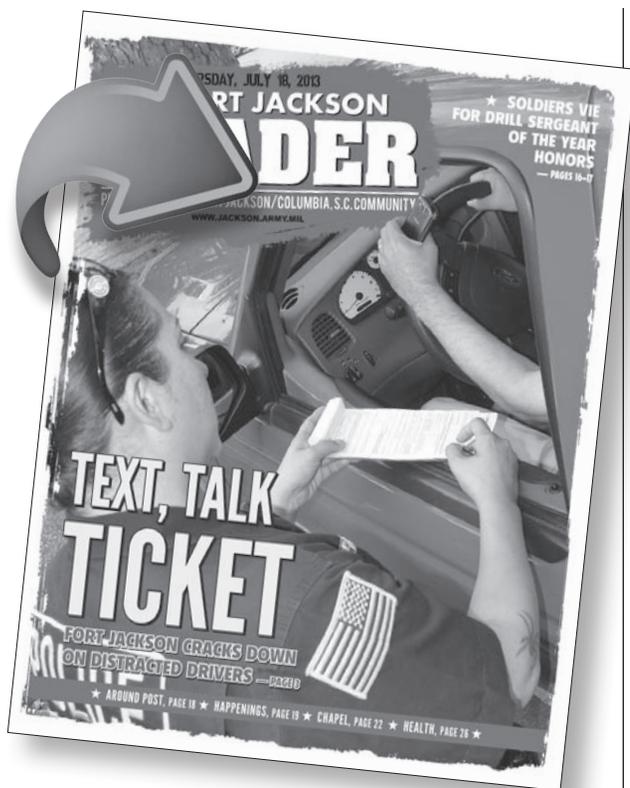
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★ SOLDIERS VIE  
FOR DRILL SERGEANT  
OF THE YEAR  
HONORS  
— PAGES 16-17

## TEXT, TALK TICKET

FORT JACKSON CRACKS DOWN  
ON DISTRACTED DRIVERS — PAGE 3

★ AROUND POST, PAGE 18 ★ HAPPENINGS, PAGE 19 ★ CHAPEL, PAGE 22 ★ HEALTH, PAGE 26 ★



## ON THE COVER

Photo illustration by WALLACE McBRIDE

Fort Jackson is cracking down on people using electronic devices while behind the wheel of a car. **SEE PAGE 3.**

## THE FORT JACKSON LEADER

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### Fort Jackson, South Carolina 29207

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

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## FORT JACKSON TALKS BACK

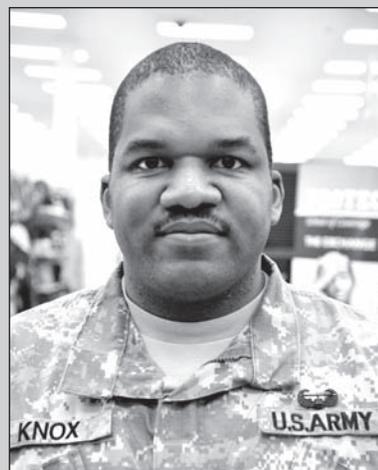
### 'What was the best day of your Army career?'



#### Sgt. Joshua Brown

Recruiting and Retention School,  
Soldier Support Institute

My best day in the Army was when I was promoted to sergeant. ... I always wanted to lead and help Soldiers, and I mean actually help them and not just (say), "Do what I say because I am your sergeant."



#### 1st Lt.

James Knox  
216th Support Company

The best day of my career in the Army was when I got back from Iraq and I didn't have any injuries or disabilities — I was 100 percent. Seeing my family was also a great highlight to coming home from deployment. It was great after not seeing them for about a year being able to reconnect and bond with them.



#### Spc.

Mercedes Martin  
Drill Sergeant School

The best day of my Army career was when I got stationed in Korea with my mom. Just knowing that she was there and that I was not in a different country by myself was really great. I spent eight months in Korea as a human resource specialist.



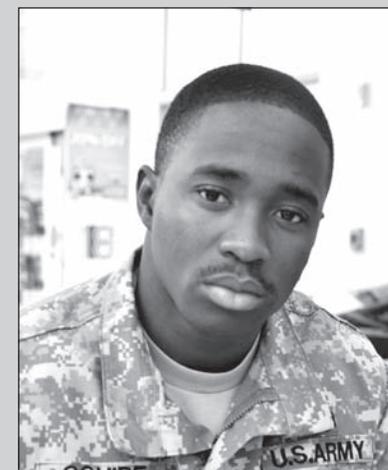
Sgt. Orion Larkin  
2nd Battalion,  
13th Infantry Regiment

Two of the best days of my Army career were when I got back from deployment and when I got promoted. When I got back from deployment seeing my two daughters was a really good moment for me — one is 6 years old and the other is 9 months old.



Staff Sgt. Mark Grocke  
Recruiting and Retention School,  
Soldier Support Institute

I would say the best day in the Army for me was when I made staff sergeant, in addition to also being awarded the Samuel Sharpe Award. The award is for those Soldiers who are outstanding mechanics, and all around ordnance Soldiers.



Sgt. Jonathan Squire  
Recruiting and Retention School,  
Soldier Support Institute

The best part of my Army career was when I got back from Iraq. What made it a good time for me was being able to see my wife for the first time in a year.

## CORRECTIONS

- ❑ An article on Page 3 of the July 11 Leader incorrectly stated that the Staff Judge Advocate Office is closed Fridays. The office is open Monday through Friday.
- ❑ An announcement on Page 15 of the July 11 Leader listed the wrong date for the upcoming boxing event. The event is scheduled for Aug. 3.



Photo illustration by WALLACE McBRIDE

Penalties for using electronic devices while driving on Fort Jackson range from a \$75 fine to the loss of driving privileges on post.

# Post targets distracted drivers

For motorists caught using a phone on post, a fine might be the least of their problems

By WALLACE McBRIDE  
Fort Jackson Leader

Texting and driving has long been prohibited on Fort Jackson, but violators now face fines and the possible loss of driving privileges on post.

Fort Jackson is cracking down on distracted drivers, primarily those who use electronic devices like smartphones while driving. Anytime drivers text, use a cell phone or navigation system or do anything that diverts their attention from the road, it creates opportunities for accidents to happen, said Maj. Brad Fisher, provost marshal for Fort Jackson.

"Based on the time that I spend out on the road here at Fort Jackson, I can see it's definitely a problem here," Fisher said. "The problem is exacerbated by the fact that, in South Carolina, there's no such law against using a cell phone while driving. You can talk on your cell phone all you want, but you can't here on a federal installation. Anyone who works on Fort Jackson should certainly know that cell phones are prohibited while driving."

Using an electronic device while driving has always been against regulation on Fort Jackson, but Fisher said the post has recently raised the penalty for violations.

"Given the frequency of violators on the installation, the commanding general asked us to look into suspending privileges for this for a second, third and fourth offense,"

he said.

The first offense carries a \$75 fine. In addition to the \$75 fine, a second offense will result in the suspension of driving privileges for three months, while a third offense will suspend offenders' driving privileges for six months.

A fourth offense will prohibit someone from driving on post for a full year. If an accident is caused by a person using an electronic device, driving privileges can be suspended even for a first offense, Fisher said.

Leaders took a look at the penalties for distracted driving following a recent wreck on post.

"A driver of a commercial box truck collided with a Soldier on a motorcycle at the intersection of Lee and Semmes roads because he was using a cell phone," Fisher said. "That's just one example. There have been others besides that one that have been caused by distracted driving, and that's a fact. But that's a recent case that stands out."

"Electronic devices" are defined in Fort Jackson regulations as mobile/cellular telephones or any other device that is used to access wireless telephone services such as smartphones, personal digital assistants or global positioning systems and any other device used to transmit voice or data wirelessly.

Drivers may use a cell phone in a vehicle that is safely parked, or with the use of a hands-free device. Hands-free devices which are worn may only occupy one ear.

## BY THE NUMBERS

In 2011, 3,331 people were killed in crashes involving a distracted driver, compared to 3,267 in 2010. An additional 387,000 people were injured in motor vehicle crashes involving a distracted driver, compared to 416,000 injured in 2010.

Eleven percent of all drivers younger than 20 involved in fatal crashes were reported as distracted at the time of the crash. This age group has the largest proportion of drivers who were distracted.

Text messaging creates a crash risk 23 times worse than driving while not distracted.

Sending or receiving a text takes a driver's eyes from the road for an average of 4.6 seconds, which equals the driver being "blind" for the length of a football field while driving 55 mph.

Driving while using a cell phone reduces the amount of brain activity associated with driving by 37 percent.

Source: [www.distraction.gov](http://www.distraction.gov)

# Fort Jackson celebrates 96<sup>th</sup> birthday

By WALLACE McBRIDE  
Fort Jackson Leader

Fort Jackson celebrated its 96th birthday last week with a look back at the post's humble beginnings.

"It's great to see all those smiling faces out there today as we get ready to celebrate this great anniversary of Fort Jackson," Col. Stephen Yackley, Fort Jackson deputy commander, told the audience last Friday at the Solomon Center. Most of those in attendance for the post's birthday party were children of Soldiers, who were treated to a candy buffet and other assorted activities during the event.

But first, they took a trip back in time with Yackley, who told them of the history of Fort Jackson.

"Ninety six years ago, Camp Jackson was established here on the outskirts of Columbia," he told the audience. "The citizens of Columbia had donated almost 12,000 acres of land that formed the basis for the present-day Fort Jackson, which is now over 52,000 acres in size."

Since then, the relationship between Fort Jackson and the civilian community has grown to create "the most military friendly community in the U.S. Army," he said.

"Today, as we celebrate this 96th anniversary of the establishment of Fort Jackson, we look around and see a much-changed post," Yackley said. "We have new barracks replacing the rows and rows of wooden barracks that lined Tank Hill; we have new houses for our Soldiers and their families; and we have improved ranges and training areas to better prepare our Soldiers. What is still the same is that Fort Jackson is the preeminent training center for the Army and all of the Department of Defense, and our mission of transforming America's sons and daughters into highly trained professional Soldiers who are prepared to answer our nation's call, wherever they are needed around the world."

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Photos by WALLACE McBRIDE

Fort Jackson Deputy Commander Col. Stephen Yackley, left, and Post Command Sgt. Major Kevin Benson cut the installation's birthday cake at the start of last Friday's celebration.



Pieces of Fort Jackson's two birthday cakes were given to children attending last week's birthday celebration at the Solomon Center.



Myles Roberts, 9, plays a game of Twister on an inflatable mat during last week's Fort Jackson birthday celebration.

# Furloughs affect some operations

## Leader Staff Report

Mandatory one-day-per-week furloughs for approximately 3,500 federal civilian employees on Fort Jackson are affecting some of the services on the installation. The furloughs will not have an impact on AAFES and Family and Morale, Welfare and Recreation services.

## GARRISON

### ❑ Overall Garrison operations

Expect delays, as all offices have employees taking furlough days throughout the week. Offices that are open and operational Monday through Friday will still have staff shortages and will prioritize work accordingly. Furlough hours of operation are strictly adhered to — there is no flexibility to extend employee hours.

### ❑ Army Community Services

The following ACS offices will be closed Fridays: Army Volunteer Programs (AVCC, AFTB and AFAP); Employment Readiness Program; Exceptional Family Member Program; Family Advocacy Program (New Parent Support); Family Advocacy Program (Prevention Services); Financial Readiness Program/Army Emergency Relief; Information and Referral; Mobilization and Deployment/Outreach; Relocation Readiness Program; Survivor Outreach Services (SOS). For emergency financial assistance for valid and unforeseen needs on Fridays, call the American Red Cross at 877-272-7337.

### ❑ Directorate of Logistics

The Central Issue Facility will be closed Mondays for basic training Soldiers (retained issue support during reception process).

The following DOL offices will be closed Fridays: Log Plans and Operations Division, Ammunition Supply Point, QASAS support, Supply Support Activity, Central Receiving Point, CIF (for permanent party; support is available on other days by appointment), Maintenance Division, Transportation — HHG/PPSO/PPPO, Transportation — Freight Office.

### ❑ Directorate of Plans, Training, Mobilization and Security

The following DPTMS offices will be closed Mondays: Installation school DPTMS support such as direct Soldier enrollments into ATRRS for Noncommissioned Officer Education System and Professional Military Education, review of DTS orders for NCOES and PME courses, coordination with Human Resources Command, school managers, and sister services for additional training seats, Soldiers ATRRS status for schools.

The following DPTMS offices will be closed Fridays: Ammunition Management; DA Photo

### ❑ Commissary

The Commissary will be closed Mondays and Tuesdays.

### ❑ Staff Judge Advocate

The Staff Judge Advocate office will remain open Monday through Friday. Personnel with violations may pay tickets/moving violations on Monday through Thursday.

### ❑ Plans, Analysis and Integration Office

PAIO will be closed Fridays.

### ❑ Directorate of Public Works

The following DPW offices will be closed Fridays: Environmental, Housing, Business Operations, Master Planning, Engineering.

## MONCRIEF ARMY COMMUNITY HOSPITAL

Furlough Pharmacy Hours:

❑ Outpatient Pharmacy: Monday through Friday, 8 a.m. to 5 p.m.; Saturday, 7:30 a.m. to noon

❑ Refill Pharmacy: Monday through Friday, 9 a.m. to 6 p.m.; Saturday, 9 a.m. to noon for refill pick up

❑ TMC Pharmacy: Monday through Friday, 6:30 a.m. to 3:30 p.m.; Saturday, closed; Soldiers will be sent to the Outpatient Pharmacy, if required.

## DENTAL ACTIVITY

Beginning July 19 through Sept. 30, dental clinics will operate as follows on Fridays

❑ **Caldwell Dental Clinic:** Open Fridays; will provide sick call to all permanent party, Basic Officer Leader Course, Initial Entry Training, and Advanced Individual Training Soldiers.

❑ **RMC:** Open Fridays

❑ **Hospital Dental Clinic:** Open Fridays

❑ **Hagen Dental Clinic:** Closed Fridays

❑ **Oliver Dental Clinic:** Closed Fridays

## Fort Jackson Gate Hours (throughout the furlough period)

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



## Driving

Continued from Page 3

Fisher recommends keeping all electronic devices stowed while driving. If military police officers see a cell phone in the hand of the driver, they can still issue a citation. Even if a driver can demonstrate that no phone calls were made or texts were sent around the time of the traffic stop, a citation can still be issued because phone logs can easily be altered.

Fisher also warns that military police don't even have to see the device in the driver's hand in order to issue a citation. Officers are looking for signs that indicate that an electronic device is being used, and one common indicator is a motorist repeatedly looking down and reading something with only one hand on the steering wheel.

"Don't have it in your hand,"

Fisher recommends. "If we see it, we're going to give you a ticket."

Electronic devices can only be used when the car is stopped and safely parked, but can be used in speakerphone mode when not being held, he said.

Drivers most likely to have difficulty on post are guests during family day and graduation events. Fort Jackson is taking measures to inform visitors of distracted driving regulations, Fisher said.

Police, fire and EMS personnel may use any electronic device only in the performance of official duties.

"The units are sending out notices through Facebook outreach, and as part of the information they send out to families prior to graduation," Fisher said. "Also, the Directorate of Public Works has placed new signs at the gates about cell phone regulations. It's something people will see when they're coming on post."

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

## WHAT IS DISTRACTED DRIVING?

**Distracted driving is any activity that could divert a driver's attention away from the primary task of driving. All distractions endanger driver, passenger, and bystander safety. These types of distractions include:**

- Texting
- Using a cell phone or smart-phone
- Eating and drinking
- Talking to passengers
- Grooming
- Reading, including maps
- Using a navigation system
- Watching a video
- Adjusting a radio, CD player, or MP3 player

Source: [www.distraction.gov](http://www.distraction.gov)



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Photos by ANDREW McINTYRE

Arnie Jones, lead-vocalist and guitar player for the Black Bottom Biscuits, entertains the Fort Jackson community during the Palmetto Market & Music Festival.



Homemade gourds by Cypress Gourd Patch Club in Sumter were just one of the many homemade products sold to the Fort Jackson community. Gourds are made of dried squash and calabash that are carved into pots, bowls and bird houses.

# Palmetto Market and Music



Jessica Palmer, left, and Kacey McCaleb discuss Palmer's homemade scented candles at the Palmetto Market & Music Festival Wednesday at Patriot Park. Homemade products such as scented candles, jewelry, paintings and home decorations were among the items for sale.



Peter Wilson, owner of Cotton Hills Farm, puts peaches in a bag for Benjamin Falcon, center, and his family. Wilson was one of a number of farmers who participated in the market to give families the opportunity to purchase fruit and vegetables.

# Teaching the value of money

Summer is here, school is out, and many children are sitting home without much to do. For some people, summers can be quite costly with the added utility bills and higher grocery costs. For others, the price of summer camp takes a big chunk out of the monthly budget. Not to mention the constant requests, "Can I have ...?" or "Can we go ...?"

Most military families don't have the luxury of having grandparents or other family members available to babysit. So, make this an opportunity to teach your children about the value of money.

Having your children earn money either through chores at home or outside the home will give them an appreciation for every dollar spent.

## FINANCIAL ADVICE

By ANGELA CROSLAND  
Army Community Services  
Financial Readiness

During the summer, there are usually many babysitting opportunities or lawns that need cutting. As people take vacations, there are also many pet-sitting

jobs. Older children can look into tutoring or possibly house-sitting. Younger children can earn money by doing extra chores around the house.

As they earn money, have them pay themselves first by putting money aside as savings. Hopefully, the more they

save, the more they will want to save. Then, have them determine how much they will have in the spending fund. When they compare the amount in their spending fund to the cost of toys, CDs, etc., they will quickly realize the value of a dollar.

Using online child-friendly budgeting software can be a fun activity for children. It can help children set goals for larger purchases or meet financial goals. If you haven't already done so, check with your local financial institution about opening a savings account.

Teaching your children now about the value of money will set them up for financial success in the future. For additional tips and guidance, contact the ACS Financial Readiness Program at 751-5256.

## News and Notes

### TOWN HALL RESCHEDULED

Fort Jackson's town hall meeting, originally set for Aug. 6, was rescheduled because of the effects of sequestration. The town hall will be at 6 p.m., Nov. 13.

### JACKSON JUBILEE CANCELED

As a result of mandatory furloughs, the Fort Jackson Jubilee/National Night Out, originally planned for Aug. 9, was canceled.

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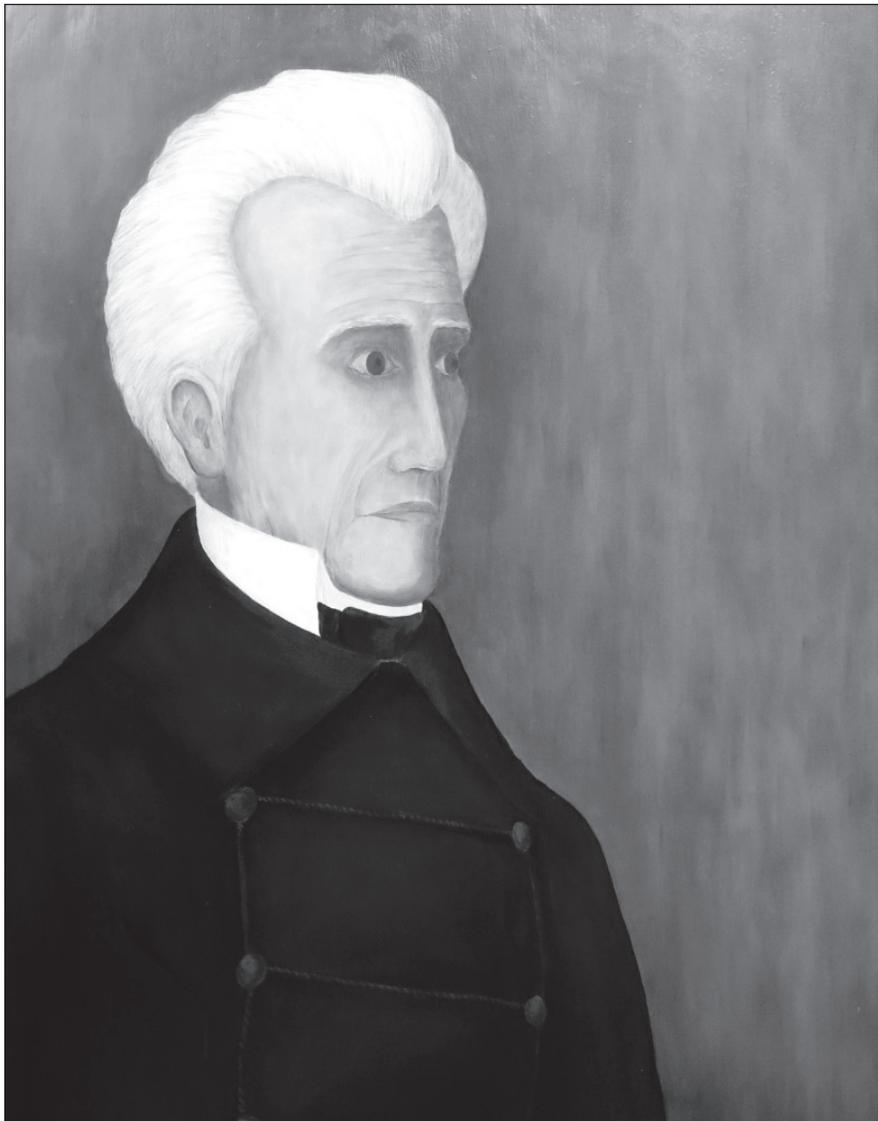


Photo courtesy of the Basic Combat Training Museum

## This week in history

On July 18, 1917, the U.S. War Department issued General Order Number 95, which named 16 National Army cantonments and 16 National Guard camps in honor of men who "contributed during their lives to the development of the United States." The 6th National Army Cantonment, located near Columbia, was named Camp Jackson in honor of Maj. Gen. Andrew Jackson, who was a U.S. Representative and Senator from Tennessee and the seventh president of the United States from 1829 through 1837.



Photo by TIM HIPPS, IMCOM

Army Entertainment is getting set to launch the ninth season of Operation Rising Star, a military singing contest based on the American Idol format. Garrisons have until July 29 to register for local competition, which will be contested in September or October. Pictured here, 12 finalists in the 2012 Operation Rising Star military singing contest pose with judges, IMCOM leaders Lt. Gen. Mike Ferriter and Command Sgt. Major Earl Rice, along with former Sergeant Major of the Army Jack Tilley following Operation Rising Star Finals Week at Fort Sam Houston Theatre in San Antonio.

# Operation Rising Star deadline nears

By TIM HIPPS  
IMCOM

SAN ANTONIO — Army Entertainment is getting set to host another season of Operation Rising Star, a singing contest for Soldiers and military family members based on the American Idol format.

Installations and garrisons interested in hosting 2013 Operation Rising Star events must apply by July 29. Local competitions will be contested in September and October. Fort Hunter Liggett in Jolon, Calif., was first to apply this year.

“We are very excited about our ninth season,” said Tim Higdon, executive producer of Operation Rising Star. “It’s this kind of Family and MWR programming that year after year provides fun, exciting and relevant entertainment for

our Soldiers and their families.”

Operation Rising Star is open to active duty military, National Guard and Reserve personnel and their family members who are 18 and older.

Local Operation Rising Star performers will receive \$500 for first place, \$250 for runner-up, and \$100 for third place, along with a \$300 spirit award to encourage audience participation and Internet exposure of local competitions via social media and [www.oprisingstar.com](http://www.oprisingstar.com).

Local winners and, in some cases, second-place finishers, will have a shot at becoming the 2013 Operation Rising Star champion.

Army Installation Management Command encourages garrisons to collaborate with their food and beverage facilities, recreation programs, marketing teams and Better Opportunities for Single Soldiers programs to ensure suc-

cess of Operation Rising Star.

The program aims to showcase Soldiers’ and family members’ singing talents on stage and on the Internet. Past shows have been televised by The Pentagon Channel.

“Operation Rising Star is a unique opportunity for the talent in our Army family to be shared with a worldwide audience,” Higdon said.

Operation Rising Star bolsters morale among troops and delivers positive reinforcement to Soldiers, military civilians and family members.

“It helps maintain our strong esprit de corps, especially during these challenging times,” Higdon said.

Operation Rising Star also introduces new customers to Army Family and Morale, Welfare and Recreation food and beverage facilities, which in turn helps generate income that is invested in other MWR programs.



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at [www.twitter.com/fortjacksonpao](http://www.twitter.com/fortjacksonpao).  
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# Army to change NCO advancement

By LISA FERDINANDO  
Army News Service

WASHINGTON — The Army will soon require noncommissioned officers to complete online training before being eligible for promotion. Additionally, NCO schools will no longer be waived.

Beginning Jan. 1, the Army will formally link completion of Structured Self Development, or SSD training, with professional military education courses for promotion eligibility. The changes are outlined in Army Directive 2013-15, dated July 1.

Gerald Purcell, Army personnel policy integrator for NCO Professional Development, G-1, said the goal is to shape a new career timeline for NCOs that includes all the tenets of leader development, including education, training and experiences.

“Over the last 10 years, we were really an Army out of balance in terms of those three tenets of developing leaders,” Purcell said. “The accumulation of experiences alone does not equate to a fully-developed leader.”

The change is part of an initiative to select, train and promote Soldiers who are best qualified in their current grade, and who show the greatest potential to serve in positions of increased responsibility, Purcell said.

“Our NCOs are charged with the training and care of our Soldiers while enforcing standards, so it is imperative we equip them with the best tools we can to help them do their job,” said Sgt. Maj. of the Army Raymond F. Chandler III. “Connecting the NCO Education System and promotions in a deliberate, continuous, sequential and progressive manner produces the best NCO Corps possible. It gives us the competent and committed leaders of character our Army needs and deserves.”

The effort, according to Purcell, will foster a balance of training, education and experience, while encouraging lifelong learning and development of broadly-skilled NCOs. Another important aspect is to sustain an all-volunteer force by providing viable career paths.

He said that although the Army is an efficient organization that is effective operationally, the other aspects of leader development must not be overlooked.

“We’ve really paid the price because while operational experience is great, it in and of itself doesn’t make great leaders because you still need the education and the training to round it all out,” Purcell said.

NCOs had been allowed to serve 30 years, and then would have to retire. Purcell said the NCO timeline was extended to 32 years to allow for the completion of those three tenets and to foster the development of the world’s most professional NCO Corps. This timeline facilitates

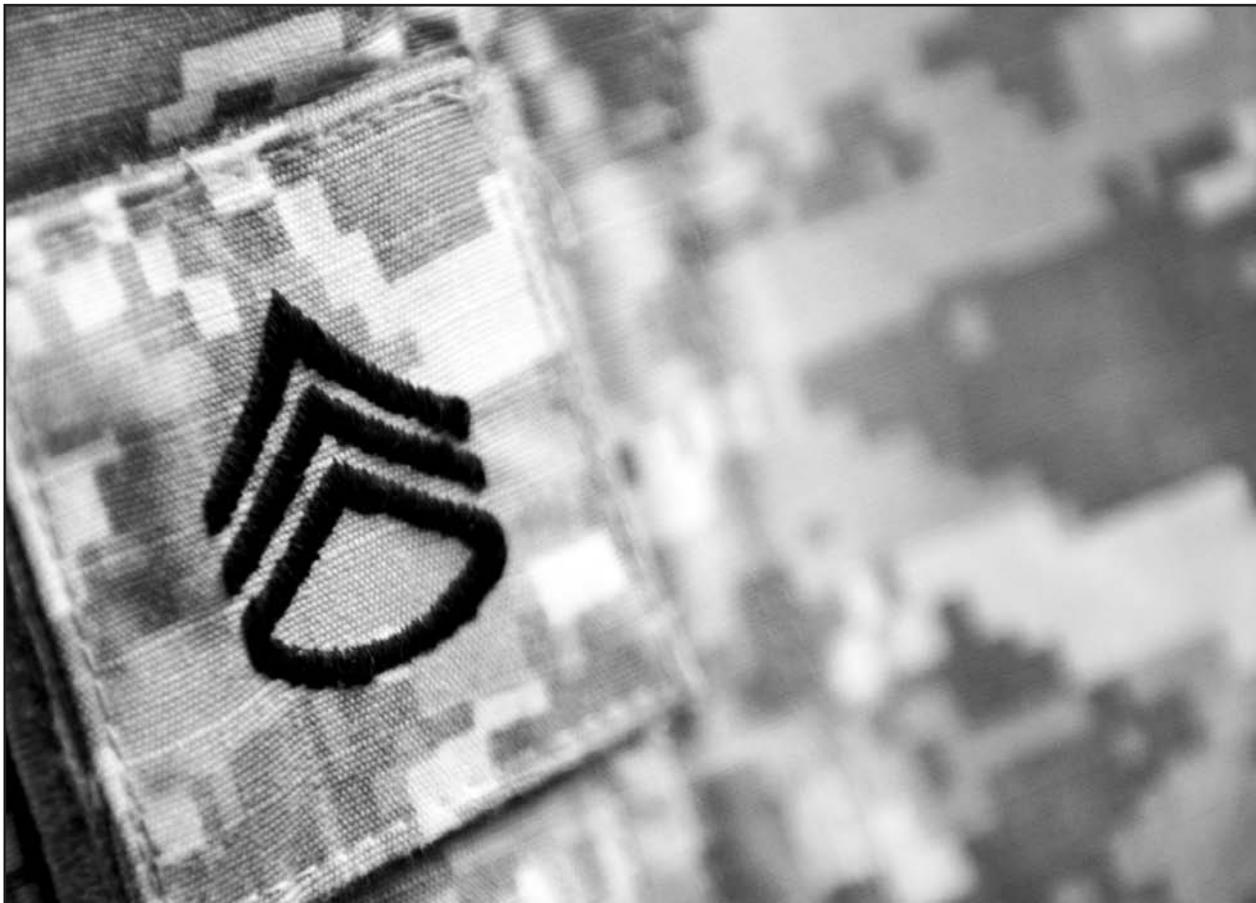


Photo by C. TODD LOPEZ, Army News Service

**The Army will soon require noncommissioned officers to complete online training prior to promotion eligibility. Additionally, NCO schools will no longer be waived.**

an environment where Army professionals can meet the Army’s certification criteria of competence, character and commitment.

The Army is an “up or out” organization, Purcell said. The policies support a fundamental baseline by which professionals remain technically and tactically proficient with continued opportunities for development and advancement.

The directive says Soldiers should be considered for promotion when they achieve competency in their current rank and exhibit the potential to serve successfully at the next higher rank, which entails an increased level of responsibility.

The areas Soldiers must excel in to advance include professional competence, team building, adaptability, lifelong learning and comprehensive fitness.

Some of the requirements for advancement include:

❑ Specialists and corporals must complete SSD-1 before they can be recommended (boarded) to sergeant.

❑ Sergeants must complete the Warrior Leader Course before they can be recommended (boarded) to staff sergeant.

❑ Staff sergeants must complete SSD-3 before they are eligible for consideration for sergeant first class.

❑ Sergeants first class must complete SSD-4 before they are eligible for consideration for master sergeant.

The directive states waivers for the Warrior Leader Course, known as WLC, will no longer allow sergeants to be considered for promotion.

Soldiers who had been previously granted WLC waivers must graduate from the course no later than Sept. 30, 2014. Soldiers who are deployed when the changes go into effect, Jan. 1, will have up to 270 days after redeployment to complete the course. Reserve-component Soldiers will have up to 270 days after release from active duty to complete the WLC.

The directive says Soldiers who do not complete the required WLC training will be removed from the promotion list for staff sergeant or reduced to sergeant.

# Looking for the Best

## Army's drill sergeants contend for top honors

From TRADOC

Six of the Army's best drill sergeants vied for the title of 2013 Army Drill Sergeant of the Year this week at Fort Jackson.

Contenders endured physical and mental challenges during the 30-hour event, which tested their knowledge of Warrior Tasks and Battle Drills and their ability to teach these tasks to new Soldiers.

The selection process concluded with each drill sergeant appearing before a board of command sergeants major to evaluate their knowledge of leadership and drill sergeant training tasks. One challenging aspect of the selection process was that the drill sergeants were purposely unaware

of the tasks they were required to perform.

The Drill Sergeant School hosted the event. The drill sergeants competing in the event were Staff Sgt. Troy Braun, 95th Reserve Division, Fort Sill, Okla.; Staff Sgt. Jonathan James, Maneuver Support Center of Excellence, Fort Leonard Wood, Mo.; Sgt. 1st Class Ryan McCafrey, 98th Reserve Division, Fort Benning, Ga.; Staff Sgt. Steven Newman, Maneuver Center of Excellence, Fort Benning, Ga.; Staff Sgt. William Schmidt, Fires Training Center of Excellence, Fort Sill, Okla.; and Staff Sgt. David Stover, Fort Jackson's Drill Sergeant of the Year.

As of press time, the winner was not announced.



Photo by DAVID SHANES, command photographer

Staff Sgt. William Schmidt assigned, Fires Training Center of Excellence, Fort Sill, Okla., applies a bandage to a Soldier from an improved first-aid kit. Candidates were required to demonstrate the proper combat medical procedures for applying immediate first aid for a simulated gunshot wound.



Photo by ANDREW McINTYRE

Staff Sgt. Jessica Tuggle, Drill Sergeant School, watches Staff Sgt. Troy Braun, 95th Reserve Division, Fort Sill, Okla., closely to ensure his pushups are executed properly.



Photo by ANDREW McINTYRE

Sgt. 1st Class David Stover, Fort Jackson's Drill Sergeant of the Year, traverses an overhead ladder at the Fit-to-Win 2 obstacle course Tuesday.



Photo by ANDREW McINTYRE

Basic Combat Training Soldiers receive instruction from Sgt. 1st Class Ryan McCafrey, 98th Reserve Division, Fort Benning, Ga., on how to properly complete an M-16 rifle inspection. Candidates were required to instruct Soldiers on how to complete the maneuver in order to test their knowledge of the M-16 Weapons Manual.

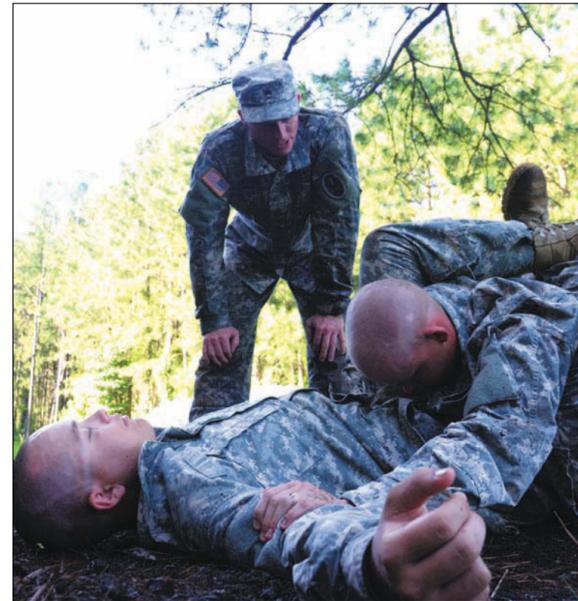


Photo by ANDREW McINTYRE

Braun demonstrates his knowledge of Combatives Level I and Level II by instructing Soldiers on how to properly demonstrate basic maneuvers.



Photo by ANDREW McINTYRE

Schmidt climbs over a wall to complete the Fit-to-Win 2 obstacle course.

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27" WEB-100

# Saluting this Basic Combat Training cycle's honorees

## DRILL SERGEANTS OF THE CYCLE



**Staff Sgt. Adam Davis**  
Company A  
1st Battalion,  
61st Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**

Spc. Shayna Taylor

**SOLDIER OF THE CYCLE**

Pvt. Bryanna Sandoval

**HIGH APFT SCORE**

Pvt. Bryanna Sandoval

**HIGH BRM**

Pvt. Daniel Plascencia



**Staff Sgt. Tyler Nunley**  
Company B  
1st Battalion,  
61st Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**

Pvt. Joseph Inqui

**SOLDIER OF THE CYCLE**

Pvt. Danielle Jordan

**HIGH APFT SCORE**

Pvt. Thomasena Smith

**HIGH BRM**

N/A



**Staff Sgt. Jonathon Debates**  
Company C  
1st Battalion,  
61st Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**

Spc. Kyle Michel

**SOLDIER OF THE CYCLE**

Pvt. Alexandra Hambleton

**HIGH APFT SCORE**

Pvt. Maria Bradford

**HIGH BRM**

Pvt. Dalton Carlisle



**Staff Sgt. Dustin Lynch**  
Company D  
1st Battalion,  
61st Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**

Pfc. Destarte Haun

**SOLDIER OF THE CYCLE**

Pvt. Rebecca Mitchell

**HIGH APFT SCORE**

Pfc. William Chase

**HIGH BRM**

Spc. Alex Sitton



**Staff Sgt. Shawn Spears**  
Company E  
1st Battalion,  
61st Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**

Spc. Paul Spallino

**SOLDIER OF THE CYCLE**

Pfc. Jennifer Hobbs

**HIGH APFT SCORE**

Pvt. David Shaw

**HIGH BRM**

Pvt. Duncan Craft



**Staff Sgt. Bert Alcon**  
Company F  
1st Battalion,  
61st Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**

Pvt. Mathew Dishmon

**SOLDIER OF THE CYCLE**

Pvt. Braken Barker

**HIGH APFT SCORE**

Spc. Azura Robillard

**HIGH BRM**

Pfc. Braken Barker

## Weekly honors



**JOHNSON**

**Spc. Destinee Johnson**  
Soldier of the week  
Third Army/ARCENT

**SUBMISSION GUIDELINES**

Announcements should be typed and no more than 45 words. All submissions may be edited to comply with *Leader* style and Public Affairs regulations. Send all submissions to [FJLeader@gmail.com](mailto:FJLeader@gmail.com). For more information, call 751-7045.

## July Yard of the Month

The yard of the month winners for July are Staff Sgt. Denver Kinard, Company F, 3rd Battalion, 13th Infantry Regiment, and his family. Col. Michael Graese, left, garrison commander, presents a certificate of appreciation to Jessica Kinard and their children Mason, 3, and Korbin, 10. The family also received reserved parking at the Exchange and Commissary for the month, dinner coupons and movie passes, and a \$50 gift card.

*Courtesy photo*



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

## Calendar

### Tuesday

#### Teen job readiness workshop:

#### Customer service skills

10 a.m. to noon; Strom Thurmond Building, Room 222

To register, call 751-4862.

### Tuesday, July 25

#### AUSA Palmetto State Chapter meeting

Noon, Officers' Club

The guest speaker will be Harris Pastides, president of the University of South Carolina. For more information, call 776-7365 or email [sbbutler@bellsouth.net](mailto:sbbutler@bellsouth.net).

### Tuesday, July 30

#### Teen job readiness workshop:

#### Managing your money that you earn

10 a.m. to noon; Strom Thurmond Building, Room 222

To register, call 751-4862.

### Friday, Aug. 9

#### Col. Charles P. Murray Jr.

#### Memorial Golf Tournament

Noon, Fort Jackson Golf Club

For more information, call 629-3820.

## Announcements

### LOCKER ROOMS CLOSED

The locker rooms at Andy's Fitness Center will be closed through Aug. 2 for renovation.

### 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>. Cus-

tomers 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.

### POST 9/11 GI BILL DEADLINE

Effective Aug. 1, all Post-9/11 GI Bill Transferability of Education Benefits (TEB) requests submitted and approved on or after Aug. 1 will incur a four-year service obligation from the TEB request date, regardless of years in service (except when precluded by either policy or statute from committing an additional four years, e.g. temporary early retirement authority). The only difference between the rule already in place and the new rule is that all requests will require a four-year service obligation, and must be served in the same Army component.

Service members with 21 to 24 years of active duty service, who wish to transfer educational benefits to their dependents, are urged to make the transfer before Aug. 1.

For more information, call 1-800-872-8272; email [usarmy.knox.hrc.mbx.tagd-post911gibill@mail.mil](mailto:usarmy.knox.hrc.mbx.tagd-post911gibill@mail.mil) or visit [www.army.mil/article/101298/Army\\_changes\\_requirements\\_for\\_transfer\\_of\\_GI\\_Bill\\_benefits/](http://www.army.mil/article/101298/Army_changes_requirements_for_transfer_of_GI_Bill_benefits/).

### RETIREMENT CEREMONY

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

### WATER AND SEWER PROJECTS

Palmetto State Utility Services is working on multiple water and sewer projects on the installation. One project will address water pressure issues experienced on parts of the post. The project is set to be completed by July 31. During the work, some buildings and facilities may be subject to reduced water pressure. To report problems, call PSUS at 790-7288.

### FALL YOUTH SPORTS SIGN-UP

Parents can sign up their children for fall youth sports until Aug. 23. Parents must bring 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.

### FREE COMIC BOOK

A new Iron Man comic book exclusively distributed for military audiences is now available at the Fort Jackson Exchange.

### 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.

### BOXING SMOKER

A boxing event is scheduled for Aug. 3 at the Solomon Center. Active duty Soldiers interested in participating should call 751-7146.

### SPORTS BRIEFS

■ Army 10-miler qualification, 5:30 a.m., July 27. For active duty personnel only.

■ Back to School 5K, 8 a.m., Aug. 17.

For more information, call 751-3096.

### THRIFT SHOP NEWS

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

### AA MEETINGS

Alcoholics Anonymous meetings take place at 9 a.m., Mondays, Wednesdays and Fridays at 9810 Lee Road. For more information, call 751-6597.

Visit the community calendar at [www.jackson.army.mil](http://www.jackson.army.mil) for a full listing of calendar events.

## Housing happenings

### SUPERVISION OF CHILDREN

No child of kindergarten age or younger must be left unattended at any time. Children of that age may play in appropriately designated safe areas (playgrounds, parks, basketball courts and similar locations), but must have immediate access to an adult supervisor. The person supervising must be able to respond to any emergency or threatening situation.

### GUESTS IN ON-POST HOUSING

Visitors and guests of on-post housing residents are subject to all rules contained in the resident guide and lease. Residents are allowed a guest for 14 continuous calendar days or 30 days throughout the year without notifying the community manager. A guest request form is required for guests whose stay exceeds 30 calendar days. For more information, call 738-8275.

### SWIMMING POOLS

Small wading pools up to 6 feet in diameter and 1 foot in depth are permitted in backyards only. When wading pools are not in use, they must be emptied and properly stored. For more information, call 738-8275.

### FREE POPSICLE FRIDAYS

Free Popsicles are available at the Community Center from 7:30 a.m. to 6 p.m. on Fridays until August.

### CHILD SAFETY SEAT CLASS

A workshop on child safety seats is scheduled from 6 to 7 p.m., Wednesday at the Community Center. Learn how to safely install car seats and boosters and get familiar with South Carolina laws regarding child seat safety. Reservation is required by Saturday. For more information, call 738-8275. To RSVP, email [ayoungblood@bbcgrp.com](mailto:ayoungblood@bbcgrp.com).

# Sometimes, being broken can be a blessing

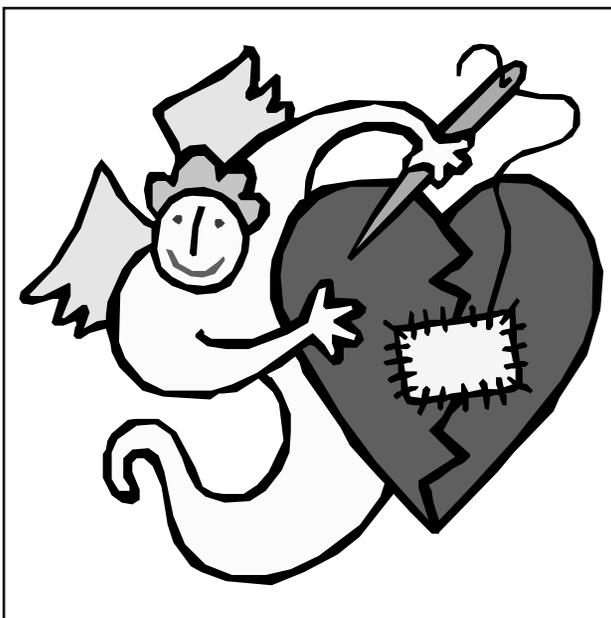
By **CHAPLAIN (CAPT.) COLT RANDLES**  
3rd Battalion, 34th Infantry Regiment

Basic Combat Training, for the less than one-tenth of 1 percent of the population who will attempt it, has a way of bringing one to his or her knees from where an upward glance and outstretched hand seems only natural.

When the normal comforts of life and abundant resources of support are stripped away, life becomes very simple, and the presence or lack of peace very evident. C. S. Lewis wrote, "Pain removes the veil; it plants the flag of truth within the fortress of a rebel soul." As a BCT chaplain, it is an honor to be thrust, if not invited, into some of the darkest, most painful places of a Soldier's heart.

To sit in support of a commander who uncomfortably must render some crippling news or the Soldier whose world is visibly crumbling is a humbling experience, to say the least. Experiences such as these, as recent as they have been, remind me of two things. All should expect to encounter pain eventually, to think otherwise would be futile, to live otherwise could prove fatal. Secondly, brokenness is a proven way God has used to prepare his servants to bless others in need (2 Corinthians 1:3-7).

There is a least common denominator aspect to suffering. Ecclesiastes 7:2 instructs, "It is better to go to the house of mourning than to go to the house of feasting, for this is the end of all mankind, and the living will lay it to



heart." Not that we should be at all times gloomy like Eeyore, but sober-minded when pressed.

I am convinced that had I not experienced an extended period of bitter pain over a spouse's health conditions and financial crisis during seminary, it would be far harder to connect with Soldiers in need now. Preparation for today's ministry came through yesterday's pain.

Consider the following implications:

□ Greater strength often waits on the other side of a present sorrow. The great English preacher Charles H. Spurgeon wrote, "I am certain that I never did grow in grace one-half so much anywhere as I have upon the bed of pain." Who cannot say, "Amen," to that? If not, God be with you.

□ The present pain may indicate a grooming for greatness, and greatness means usefulness. "Good Friday" was profoundly good, but not for the one who first endured it. Glad participation in the work of the Kingdom may be waiting on the other side of this bitter trial.

□ Our eyes should be open to the needs of others in order to apply the grace we ourselves have learned (painfully). Failure to extend a hand to help others in need may just prompt refresher training, and that would not be pleasant.

Most will recall the adage, "What does not kill us only makes us stronger." Many families who come on Family Day for reunion with their Soldiers are jokingly told to wait for their Soldier to approach them as they may not be recognizable compared to the raw recruit sent to Fort Jackson 10 weeks earlier.

Most of the greatest changes cannot be seen with the eyes, and many of those changes have been eternal in impact. New leaders have been broken to be a blessing. Let us not miss the lessons God may be enrolling us into that allow us to be his hands and feet today and in the days ahead.

## 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
- Saturday  
8 a.m. Men's prayer breakfast (PMOC), Main Post Chapel (every second Saturday of the month in the activity room)

### Protestant Youth of the Chapel

- 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

## Leader deadlines

Article submissions are due two weeks before publication.  
For example, an article for the Aug. 1 Leader must be submitted by today.  
Announcement submissions are due one week before publication.  
For example, an announcement for the Aug. 1 Leader must be submitted by July 25.  
The Leader welcomes timely submissions. Send your submissions to FjLeader@gmail.com.  
For more information, call 751-7045.



# Children can eat healthy while on the go

By **LT. COL. KAREN HAWKINS**  
U.S. Army Public Health Command

Is eating on the go the norm for your family? Busy family schedules often lead to eating fast foods and convenience foods. Unfortunately, these food and beverage choices are often not the healthiest and may cause children to eat too many calories. In addition, many of these on-the-go food choices may not provide important nutrients children need for good health.

Too many calories, especially when coupled with inactivity, contribute to our nation's growing trend in childhood obesity. Obesity affects approximately one of five children and adolescents in the United States — triple the rate from just one generation ago.

Finding easy, creative ways to add more fruits and vegetables in place of other foods may be important in reducing risk for child and youth obesity. One study on fruit consumption showed that higher fruit consumption is linked with a lower body mass index in both adults and children. Another study suggests that people who eat more low-calorie and nutrient-dense foods such as fruits and vegetables have a healthier body mass index.

An easy way to get more fruits and vegetables is to consciously provide fruit and vegetables at lunchtime and as snacks. Five to nine servings per day of fruit and vegetables are recommended.

Many children and teens get almost half their calories each day from added sugars and solid fats. Approximately half of these empty calories come from six sources: soda, fruit drinks, dairy desserts, grain desserts, pizza and whole milk. To help replace some of those empty calories with more nutrient-dense foods, here are a few ideas to create convenient, on-the-go meals and snacks. Many of these can be assembled in no more than 10 minutes. For extra time savings, cut up fruits and vegetables on the weekend.

❑ **Banana and nut butter wrap:** Mash a banana and mix with any nut butter (this is a great opportunity to try a different butter — like almond butter, which is high in vitamin E and protein). Sprinkle with dried fruit or coconut



Photo illustration by Metro Creative Graphics

**Families on the go can choose healthful options like fruit or vegetables for snacks.**

for a different flavor. Spread it on a whole-wheat wrap or flat bread, roll it up, cut it up and bag it.

❑ **Turkey, ham or chicken with hummus or Greek yogurt wrap:** Spread some hummus or Greek yogurt on a wrap, add meat slices, any cheese (optional), lettuce or spinach and cucumber slices. Roll it up and bag it. Hummus or Greek yogurt adds a unique flavor, so if your children do not like it, use mustard or a small amount of mayonnaise.

❑ **Pita pocket with curry chicken salad:** Take chopped chicken and mix it with a little curry, Greek yogurt, chopped celery and chopped carrots. Put it in a whole-wheat pita pocket with spinach or romaine lettuce.

❑ **Baby carrots, cucumbers chunks, grape tomatoes, hummus, whole-grain crackers and pita chips:** Put some hummus in a small container to use as a dip. Bag

the carrots, cucumber chunks and grape tomatoes. Also pack some whole-grain crackers or pita chips for energy-packed carbohydrates.

❑ **Low-fat yogurt, cheese, sandwiches:** Keep low-fat yogurt, cheese and sandwiches cold by using an ice pack, frozen juice box or frozen milk box.

❑ **Trail mix:** Mix almonds, peanuts, dried fruit and whole-grain cereal for a nutrient-dense, energy-packed food and bag it. This is a great “take it anywhere” kind of food.

❑ **Other snacks:** Cheese sticks, nuts, frozen yogurt, soy or almond milk, 100-percent juice in boxes, dried fruit, fresh fruit and canned fruit all make great snacks and additions to lunches.

For more information about healthy eating for children, visit [www.choosemyplate.gov/kids/](http://www.choosemyplate.gov/kids/)

## MACH UPDATES

### PATIENT SAFETY AWARENESS

Moncrief Army Community Hospital will celebrate Patient Safety Awareness Week July 22-26. A Patient Safety Awareness Fair is scheduled from 11 a.m. to 1 p.m., July 23 at the Victory Conference Room (third floor). The fair will provide a chance for staff, patients and visitors to learn about patient safety at MACH.

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



## 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>.

Like the Leader on Facebook.  
Log on to your account  
and search for “Fort Jackson Leader.”

facebook