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THE FORT JACKSON

LEADER

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**'AN HONOR
AND
A PRIVILEGE'**

**FORT JACKSON WELCOMES
NEW GARRISON COMMANDER**

— PAGE 3



ON THE COVER

Photo by WALLACE McBRIDE

Col. James W. Ellerson Jr. took command last week of the U.S. Army Garrison, Fort Jackson.



Fort Jackson, South Carolina 29207

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Commanding General Brig. 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

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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.

civ@mail.mil.

TODAY

OB maternity briefing

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

Bright Honeybee Explorer Play

10-11:30 a.m., Classroom 8, 5614 Hood St. Interactive group designed to help parents learn developmentally appropriate play for newborns to 3-year-olds. Open to active-duty, retired personnel, Family. For information, call 751-6325/9035/6724/2731.

Stress management

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

FRIDAY

Independence Day 5K run/walk

8 a.m., Hilton Field, Independence Day 5K fun run/walk, bike ride and duathlon. Take part in one or both. Register at www.fortjacksonmwr.com, or call 751-3096 for information.

MONDAY

Child-safety awareness training

5-7 p.m., Classroom 10, 5614 Hood St. Two-hour initial training on how to recognize, report child abuse. Open to active-duty, retired personnel, DOD civilians, Family. Bring a lunch. To register, call 751-6325.

TUESDAY

Healthy Relationships

11 a.m. to noon, Classroom 10, 5614 Hood St. Skills to help couples communicate, cooperate. Open to active-duty, retired personnel, DOD civilians, Family. To register, call 751-6325.

WEDNESDAY

Change of Responsibility

Command Sgt. Maj. Matthew D. Suggs will relinquish his responsibilities at the Soldier Support Institute in a formal ceremony at 10 a.m. at the SSI auditorium.

JULY 9

OB maternity briefing

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

Baby Basics

9 a.m. to noon, Classroom 10, 5614 Hood St. For expectant parents. For information, call 751-6325/9035/6724/2731.

Bright Honeybee Explorer Play

10-11:30 a.m., Classroom 8, 5614 Hood St. Designed to help parents learn developmentally appropriate play for newborns to 3-year-olds. Open to active-duty, retired personnel, Family. For information, call 751-6325/9035/6724/2731.

JULY 13

Steps to Federal Employment for Military Spouses

9-11:30 a.m., Room 222, Strom Thurmond Building. Targeted to military spouses but open to all military and DOD card holders. RSVP two days before workshop: 751-5256 or Barbara.L.Martin10.civ@mail.mil.

JULY 14

Resume Writing and Interviewing Skills Workshop

9 a.m. to noon, Room 222, Strom Thurmond Building. Targeted to military spouses but open to all military and DOD card holders. RSVP two days before workshop: 751-5256 or Barbara.L.Martin10.civ@mail.mil.

JULY 15

Job-Searching Strategies for Military Spouses

8:30 a.m. to noon, Room 222, Strom Thurmond Building. Targeted to military spouses but open to all military and DOD card holders. RSVP two days before workshop: 751-5256 or Barbara.L.Martin10.civ@mail.mil.

Military Consumer Protection Day

9 a.m. to 3 p.m., Room 120, Strom Thurmond Building. Learn to protect yourself from fraud and identity theft, as well as how to find out your credit score.

Creative Journey

5-6 p.m., Joe E. Mann ballroom, 3392 Magruder Ave. Pottery, painting, drawing and sculpting. Must be enrolled in Exceptional Family Member Program. RSVP: 751-5256.

JULY 16

OB maternity briefing

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

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.



Photo by CHRISTINE SCHWEICKERT

Chaplain (Maj.) Abdullah Hulwe leads Soldiers and his children in prayer before breaking fast on Saturday evening. Muslims worldwide are celebrating the holy month of Ramadan, in which they focus on self-examination and charity.

'Basic training for the soul'

Muslims balance prayer, soldiering during Ramadan

By CHRISTINE SCHWEICKERT
Fort Jackson Leader

Muslim Soldiers at Fort Jackson may not be able to fast during the holy month of Ramadan – it would be foolish to do so in 100-degree heat – so they concentrate instead on prayer and fellowship.

On Saturday evenings during weeks between June 17 and July 17, about 40 meet to discuss the challenges they face being both Muslims and Soldiers, they pray together and then they break fast together with the consumption of dried dates – the fruit the Prophet Muhammad chose to end his own fast. On July 18 and 19, they will celebrate the feast of Eid ul-Fitr, ending their month of self-denial.

“(Ramadan) is the basic training for the soul, the mind, the heart,” Chaplain (Maj.) Abdullah Hulwe told the gathered Soldiers last Saturday evening. “Allah will get you through.”

A Muslim Soldier never has to make the decision to pledge his allegiance to God *or* country, Hulwe said.

“It’s for God *and* country,” he said. “Patriotism is a sign of your faith.”

Hulwe knows the challenges the new Soldiers face. He entered the Army himself during Ramadan in 1989, although he was in New Jersey and it was April and considerably cooler. Most of the Soldiers at Saturday night’s meeting were not abstaining fully from food and drink –

they wore full water packs on their backs.

Islam allows an exemption from fasting for those who are ill or traveling. Meeting the rigors of a full fast would make the Soldiers ill, and so they are excused, too. Many said they intended to postpone their monthlong fasts until after they had received permanent postings.

They do not abstain from their five daily periods of prayer, although they are allowed to combine sessions.

Muslims are a very distinct minority in the Army – not even 0.5 percent of Soldiers in 2008, according to Pentagon figures. Many are Americans, but others come to the Army from war-torn lands in which they dealt with American Soldiers.

They hail from Uzbekistan, Afghanistan and Iraq; Eritrea, Togo and Djibouti. And, on Friday night, Oklahoma.

Chaplain (Capt.) Matthew Madison works with Soldiers in the 1st Battalion, 34th Regiment – a handful of whom are Muslim. Madison calls the regiment “a model to follow” in working with the needs of Muslim Soldiers. No other faith demands a monthlong regimen of fasting and prayer, which can be difficult to accommodate.

Sgt. 1st Class Michael Spears is a drill sergeant in Delta Company, 1-34. Because he has been deployed five times to the Middle East – once to Afghanistan and twice to Iraq, where he came across one of the Soldiers now in his unit – he learned a little about the culture and religion of the area.



WHAT IS RAMADAN?

Muslims regard Ramadan – the ninth month of the Islamic year – as the holiest of the year. During the month, the prophet Muhammad – the founder of Islam – first began to receive the divine revelations that would continue throughout his life.

Fasting during Ramadan means no eating, no drinking (not even water) and no sexual relations from dawn till dusk. Fasting may be postponed for health reasons or other extenuating circumstances, such as Basic Combat Training.

Ramadan also is a month of increased prayer, self-examination and charity.

This year, Ramadan runs from June 17 to July 17. Because the Islamic calendar follows cycles of the moon, months may be 29 or 30 days long, so the Islamic year is 10 or 11 days shorter than a Western calendar year. Hence, Ramadan moves forward each year.

Over time, Ramadan can occur during any season. This year, it just happens to be during 100-degree heat in South Carolina.

Source: beliefnet.com

Ellerson must ‘build on successes’ of post

By WALLACE McBRIDE
Fort Jackson Leader

Col. James Ellerson accepted command of U.S. Army Garrison — Fort Jackson during a ceremony Friday at post headquarters.

With the heat barely kept in check by trees decorating headquarters grounds, Ellerson remained cool — he already was acquainted with South Carolina’s often-treacherous heat waves. He might have been born in the wintry tundra that is Ypsilanti, Michigan, but he was reared in Charleston.

Ellerson said last week that he was excited about his new mission in South Carolina.

“The opportunity to command at this level is an honor and a privilege, and something that I won’t take lightly,” Ellerson said during the ceremony.

“As a member of this command team, I look forward to serving Soldiers, civilians, Families, units and the surrounding communities of Fort Jackson.”

Davis Tindoll Jr., IMCOM Atlantic Region director, said Ellerson brought extensive experience to his new position.

“He comes to us from the Pentagon, where he served with the Joint Staff Directorate for Strategic Plans and Missile Defense Policy,” Tindoll said. “His distinguished service as an Air Defense Artilleryman led to battalion command at Fort Bliss (Texas), with a deployment to Operation Enduring Freedom.”

The deployment was the first of five during Ellerson’s career, he said.

“Col. Ellerson, I’m confident that with your demonstrated leadership, you will build on the successes of your predecessors,” Tindoll said. “The challenges are many, but I am confident you will bring new energy and excellence to the garrison command and this Army community of excellence.”

Ellerson graduated from Fort Valley State University as a distinguished military graduate in 1994, and was commissioned as a second lieutenant in the Air Defense Artillery. He has a Master’s of Public Administration from Harvard’s JFK School of Government, a Master of Military Arts and Science in Strategy from the Air University at Maxwell Air Force Base and a Master’s of Strategic Studies from the Army War College.

His military education includes the Air Defense Artillery Officer Basic and Advanced Courses; Combined Arms and Services Staff School; Air Command and Staff College; and the U.S. Army War College.

“James, you’ve got a tremendous professional reputation,” post commander Brig. Gen. Roger Cloutier Jr. said during the ceremony. “I watched over the past few days as you guys have transitioned, and I know our garrison is in good hands.”

Ellerson replaces Col. Michael Graese, who is heading to the Pentagon to be executive officer to the assistant chief of staff for installation management for the Department of the Army.



Ellerson



Photo by WALLACE McBRIDE

Col. James Ellerson, right, new commander of U.S. Army Garrison — Fort Jackson, receives the colors from Davis Tindoll Jr., IMCOM Atlantic Region director, during a change of command ceremony at post headquarters last Friday.

IMCOM Stateside employees get priority

By HQ IMCOM CIVILIAN PERSONNEL BRANCH

U.S. Army Installation Management Command

SAN ANTONIO — The Installation Management Command's new Voluntary Placement Program will give first consideration to internal employees wishing to move overseas or return to the continental United States from overseas.

Eligible permanent IMCOM GS-09 and higher – or wage-grade-equivalent – employees will be able to apply for positions posted on an Army Knowledge Online portal each week. The program is intended to allow current employees an opportunity to volunteer for career-broadening assignments within the command before outside applicants receive consideration.

The program does not include opportunities for Stateside-to-Stateside or nation-to-nation movement, and does not extend to non-appropriated fund employees.

Employees may apply for multiple positions but are limited to using a single resume during any given week.

In accordance with Defense Department policy, valid job offers made under the IVPP will be considered legitimate for IMCOM international employees registered in the Priority Placement Program. Declining a valid IVPP job offer may result in removal from PPP and may subject the employee to adverse action. PPP registrants working outside the States should submit resumes only for positions they are prepared to accept.

WHAT IS THE IMCOM VOLUNTARY PLACEMENT PROGRAM?

IVPP was created to give employees a chance at career-broadening opportunities so they will stay with IMCOM. It will give IMCOM employees working in the United States first consideration for assignments outside the United States and vice versa. Open positions will be posted on Army Knowledge Online portal every Tuesday.

HOW IS THE IVPP DIFFERENT FROM THE IMCOM ENHANCED PRIORITY PLACEMENT PROGRAM/PRIORITY PLACEMENT PROGRAM?

IMCOM employees both inside and outside the United States will be able to participate in IVPP and apply for IMCOM vacancies. IEPP is available only for IMCOM employees outside the United States and registered in the Priority Placement Program. IEPP is not available for IMCOM employees working in the States.

WHO IS ELIGIBLE TO ENROLL IN THE IVPP?

Permanent IMCOM employees working outside the States at GS-09 and above – and wage grade equivalents – are eligible for consideration for IMCOM stateside assignments. Permanent IMCOM Stateside employees GS-09 and higher – and wage grade equivalents – can be considered for IMCOM assignments

outside the States. At this time, it does not include opportunities for state-to-state or country-to-country transfers and does not extend to nonappropriated-fund employees.

HOW DOES THE APPLICATION PROCESS WORK?

Each IMCOM employee must submit a resume and application using Army Knowledge Online. Employees will be allowed to submit one resume per week but numerous applications using the same resume. Resumes may be revised and resubmitted only during a new posting cycle.

HOW WILL I KNOW THE STATUS OF MY APPLICATION?

HQ IMCOM G1 will provide updates.

HOW DOES THE SELECTION PROCESS WORK?

Hiring managers will receive a list of eligible candidates and will have two weeks to review and make selections. Hiring managers may contact employees and interview them unless the bargaining agreement or local merit-promotion plan requires interviews as part of the candidate-assessment process. In those cases, the requirements of the labor agreements/merit-promotion plans will be met. Hiring managers are encouraged to vet candidates by obtaining references to verify performance and conduct before making decisions.

Upon receipt of a selection decision from a hiring manager, HQ IMCOM G1 will coordinate the selection with the servicing civilian personnel advisory center. The selected employee will receive an official offer through the CPAC.

WHAT HAPPENS IF AN EMPLOYEE DECLINES A JOB OFFER THROUGH THE IVPP?

In accordance with Defense Department policy, job offers made under the IVPP may be considered valid for IMCOM out-of-country employees registered in PPP. Declining a position may result in the removal from PPP and may subject the employee to adverse action.

Therefore, out-of-country PPP registrants should submit resumes only for positions they are prepared to accept.

Other employees who decline firm job offers under the IVPP will receive no further consideration under this program.

Send other questions to usarmy.jbsa.imcom-hq.mbx.voluntary-placement-program@mail.mil.

OCONUS (intentional) employees looking for CONUS (Stateside) opportunities should visit www.us.army.mil/suite/page/697837.

CONUS employees seeking OCONUS opportunities should visit www.us.army.mil/suite/page/697591.

Sergeant defies stereotypes, sets 'can do' example

By STAFF SGT. KIMBERLY LESSMEISTER
69th Air Defense Artillery Brigade Public Affairs

"I will always place the mission first" is part of the Army's Warrior Ethos and something Staff Sgt. Janina Simmons has taken very seriously — even at the cost of her own happiness.

Since the beginning of her military career, Simmons — now a Patriot launching station enhanced operator with 69th Air Defense Artillery Brigade and a graduate of the Drill Sergeant Academy at Fort Jackson — has excelled well above her peers. But she wasn't allowed to truly be herself until the "Don't Ask, Don't Tell" faced repeal Sept. 20, 2011.

Despite having to hide part of who she is, she has demolished negative stereotypes of both gays and women in the military through her top-notch performance record.

During Advanced Individual Training in 2010, she earned both the Distinguished Honor Graduate Award for having the highest grade point average in her class and the Iron Soldier Award for earning the highest score on the Army Physical Fitness Test for the class.

When Simmons arrived at her first duty station in Japan in 2011, she met Master Sgt. Gloria Belk, a battery first sergeant who now is the budget (G8) sergeant major for 32nd Army Air and Missile Defense Command.

Belk said she knew Simmons had what it took to be an outstanding Soldier and future non-commissioned officer, so she constantly challenged Simmons and provided her oppor-



Courtesy photo

Staff Sgt. Janina Simmons, a Patriot launching station enhanced operator with 69th Air Defense Artillery Brigade, receives her drill sergeant badge from Sgt. 1st Class Yancy Hampton on June 9 at Fort Jackson.

tunities to grow as a leader.

"No matter what it took, she was going to dedicate the time she needed to dedicate to make sure that any Soldier who needed her help got it," Belk said.

When the "Don't Ask, Don't Tell" policy was repealed, Simmons still kept her sexual orientation to herself.

"I didn't know how (my leadership) felt about it, so I

didn't want them to know," she said. "I did not want them to look at me differently."

She found out, however, that Belk supported her regardless.

While attending Warrior Leader course in 2012, Simmons earned a spot on the Commandant's List, reserved for the top 10 percent of the class, and again earned the Iron Soldier Award for her outstanding APFT score.

In January 2013, Simmons arrived at Fort Hood, Texas, and was assigned to 1st Battalion, 44th ADA Regiment, 69th Air Defense Artillery Brigade. Four months later, she earned the title of honor graduate of her Fort Hood Air Assault School class.

In 1-44th ADA Regiment, she ran into Sgt. 1st Class Yancy Hampton, the Battery B first sergeant and an instructor in her training battalion at AIT.

Simmons sought mentorship from Hampton, who had a reputation as a well-developed and skilled leader.

Hampton said he always saw Simmons' potential as a leader.

"I think she's setting the example that ... if I can do it, anybody can do it," he said.

Simmons is paving the way not only for other gay, African-American or female Soldiers who want to accomplish similar goals, but any Soldier who wants to do great things in the military, he said.

"Whether she knows it or not, there are others watching and there are a lot of Soldiers I know who say they want to be just like her," Hampton said.

Army dominates Warrior Games

By **KEITH OLIVER**
Army News Service

MARINE CORPS BASE QUANTICO, Va. — The Army ruled almost every category on its way to grabbing the Chairman's Cup for the second straight year at the 2015 Department of Defense Warrior Games.

"That very first event, cycling, is what really brought this team together," said Sgt. 1st Class Keoki Smythe, the non-commissioned officer in charge at the Warrior Transition Command in Alexandria, Virginia.

"Then our track athletes and swimmers gave us a huge lead, and our archery team had a gold medal sweep."

Other events included wheelchair basketball, sitting volleyball and shooting.

The games began in 2010 to test - and showcase - the resilience and adaptability of combat-wounded, ill and injured Soldiers, Sailors, Airmen, Marines and Coast Guardsmen. The Marines dominated the first games. Then, last year, the Army surged to a victory.

This year, Soldiers dominated from start to finish as the Army notched 69 gold medals to the Marines' 47.

The Army out-medaled all competitors in the silver and bronze categories, as well, rolling to 141 points for the Chairman's Cup over the Marine Corps' 96. The Air Force, with 65 points total, finished next. The British Armed Forces scored 62 points; Special Operations Command, 34; and the Navy/Coast Guard team, 30.

Led by team captain Frank Barroqueiro and assistant team captain Samantha Goldenstein, the Army took the monster-sized Chairman's Cup from Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff and former Army chief of staff.

Marine Corps Commandant Gen. Joseph Dunford was quick to minimize the rivalry between Soldiers and Marines, underscoring the healing power of the games.

Like Dempsey before him, Dunford has been chosen by President Barack Obama to ascend to the chairman's job.



Photo by **KEITH OLIVER**

Team Army raises the Chairman's Cup in celebration at the 2015 Department of Defense Warrior Games on Sunday. The Army won the Chairman's Cup after earning 162 medals during the games, racking up 141 points in the Chairman's Cup competition.



Bzzzt and it's gone



Photos by **CHRISTINE SCHWEICKERT**

Hector Morales, manager of the Tank Hill Barber Shop, buzz-cuts one Soldier after another on Sunday as scores of other members of Charlie Company, 1st Battalion, 34th Infantry Regiment await their turns in the shop and outside in the sun. The Soldiers receiving their haircuts five weeks into Army life are Pvt. Jordan Thompson, Pvt. Trenton Payton, Pvt. Cardis Fridge and Pvt. Jordan Huse.



Photo by DAVID SHANES

June retirements

The following took part in the retirement ceremony on Tuesday: Lt. Col. Gina M. Thisius, Maj. Michael A. Barton, Command Sgt. Maj. Timothy L. Webb, 1st Sgt. Donnie A. DeVaughn, 1st Sgt. Xavier D. Terrell Sr., 1st Sgt. Christopher Titus, Master Sgt. Fredrick D. Foster, Sgt. 1st Class Crystal A. Blue, 1st Sgt. Edward C. Elliott, Sgt. 1st Class Jason E. Waller, Sgt. 1st Class Richard L. Goodwin Jr., Staff Sgt. Robert L. Block Jr., Staff Sgt. Donald L. Wright, Staff Sgt. Julian A. Zamarripa Jr., Staff Sgt. Miranda K. Kohn, Tech. Sgt. Avri S. McKnight and Sgt. Anthony W. Raglin.

Ramadan

Continued from Page 3

“Having been to both of them, I can kind of relate to them,” said Spears, who also complimented the Muslim Soldiers on their maturity. Most are older than the average basic trainee, some by several years.

During a group interview on Sunday, five Muslim Soldiers talked about meeting the demands of their faith while celebrating Ramadan at Fort Jackson. Most reiterated what Hulwe had told them Saturday evening.

“Our mission now is to be a success as Soldiers,” said one, a native of Iraq who now hails from Michigan. (The Soldiers cannot be identified by name because they are becoming translators, and to do so might put them in danger.)

“In our company, our drill sergeants

and our NCOs, they came to us and asked” what allowances needed to be made during Ramadan. The Soldiers agreed that wasn’t always the case with their friends in other units.

As a group, the Muslim Soldiers decided together that they would not fast.

“It’s too dangerous for us if we don’t drink or eat,” said another, an Iraqi transplanted to California. “I was surprised when my drill sergeant walked up to me and asked” what he could do to make things easier.

The Soldiers still pray five times daily, combining sessions if they wish. They wash before prayer to maintain purity. They refrain from cursing and instruct others in the faith when asked.

“It’s easy for the military to accommodate religion,” Madison said – it already transports basic training Soldiers to different services. And “the way D Company 1-34 has provided accommodations, that’s the right way to do it.”

HELP SAVE LIVES Blood Drive

**10 a.m. to 3 p.m.
Monday, July 6
@ The Exchange**

**Save as many as THREE LIVES
with one donation.**

Walk-ins are welcome.
All blood types are needed.



redcrossblood.org 1-800-REDCROSS

TRICARE beneficiaries can seek health-care advice and make same-day appointments for urgent health problems 24 hours a day with the Nurse Advice

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



Beat arthritis pain with regular exercise

BY PAMELA LONG

FMWR Fitness Programmer

One of the biggest excuses people give for not exercising is pain.

We may experience pain when we walk, sit, stand – or at just about any time – and we think that the last thing that will make us feel better is exercise.

Let's face it: What's the main emotion we associate with exercise? Pain.

As with many things, exercising doesn't get easier with age. That's when we begin to feel a subtle or even severe discomfort in our joints, signaling arthritis.

For years, we thought arthritis made exercise a bad idea because it put too much stress on the joints. But an abundance of research since has shown that exercise actually helps us manage arthritis and its attendant pain.

What is arthritis anyway? It takes many forms, but the common characteristic is an inflammation of the joints. Arthritis inflammation causes pain, stiffness and swelling in the joints and surrounding tissue.

Now, just because you feel a bit of stiffness, don't assume you have arthritis. That's for a doctor to determine. Your physician also can determine – once he knows you do suffer from arthritis – what kind it is:

■ **Osteoarthritis**, which is the most common type of arthritis. With osteoarthritis, pain and swelling results from a progressive loss of cartilage in the joints. Cartilage that cushions the ends of bones wears away. Common locations are the knees, hips and spine.

■ **Rheumatoid arthritis**, in which the immune system attacks parts of the body – most especially, the joints. Your hands, wrists, elbows, shoulders, knees, ankles, feet, jaw and neck may swell. Sometimes, only one body part is affected. But more commonly, rheumatoid arthritis pain affects several joints.

■ **Psoriatic arthritis**, the least common type. You will see itchy, raised red and white areas of skin inflammation. Psoriatic arthritis usually affects the tips of the elbows and knees, the scalp, the navel and skin around the genitals or anus. Only about 10 percent of people with psoriasis get psoriatic arthritis.

But one thing is for sure. Arthritis seems to be an inevitable part of aging – and it cannot be cured. So, we cannot depend on a pill, shot or salve to make the pain go away.

Here's where exercise comes in.

Regular, moderate exercise offers a host of benefits to arthritis sufferers. Mainly, exercise reduces joint pain and stiffness, builds strong muscle around the joints, and increases flexibility and endurance.

Exercise reduces inflammation from arthritis and reduces the risk of other chronic conditions. It builds overall health and wellness. It gives us more energy, and better sleep, moods and self-esteem.

If you already exercise regularly, you know your joints and bones improve when you exercise and ache when you don't.

If you wish to start exercising, start slow. You won't be in race or a competition – you'll be changing your lifestyle.

Choose something physical that you'll enjoy.

Then, once you develop the habit of exercise, add light-weight training to strengthen your bones and gentle yoga to increase your flexibility.

Following are three exercises you should make part of your physical-fitness routine if you have arthritis.

■ **Stretching**. Do stretching exercises daily – they're the most important exercise. These exercises help protect our joints by reducing the risk of joint injury. Beginner yoga is a great place to start. If you can't make it to a yoga class, invest in a beginner yoga DVD. Try to devote about 15 minutes daily to flexibility exercises.

■ **Strengthening**. Weight-bearing exercise strengthens muscles, taking stress off the joints. Stronger muscles absorb shock and protect joints from injury. Exercises such as weight training make our muscles work harder, making them stronger. Aim for weight training no less than two times a week for about 30 minutes each time.

■ **Cardiovascular**. Aerobics or endurance exercise is great for the heart, lungs and muscles. Weight control is a by-product of cardio exercise, and it eases joint pressure. Aerobics also is a stress reliever and mood booster, so you can expect a more positive outlook. Do aerobics daily for about 20 minutes or more to achieve lasting results.

Initially, you may be hesitant to exercise because you're in pain. If this is the case, you may want to start with a water exercise program, which reduces stress on the hips, knees and spine while building strength and increasing range of motion. The FMWR fitness department offers a wide variety of group water classes.

Arthritis does not have to rule your life. Keep that body moving and show arthritis who's boss.

Cloutier to receive second star on Friday

Brig. Gen. Roger L. Cloutier Jr. will be promoted to the rank of major general during a ceremony at 5:15 p.m. Friday, at the Fort Jackson NCO Club.

Cloutier assumed command of Fort Jackson on May 29, after serving as the director of Army force management in Washington, D.C. As Fort Jackson commander, Cloutier oversees the largest and most active

Initial Entry Training Center in the Army, training roughly 54 percent of Soldiers entering Basic Combat Training each year.



Cloutier

Football camp open to military children

Fort Jackson Youth Sports and the Drill Sergeant Academy will welcome Carolina Panthers defensive tackle Colin Cole to a free youth football camp July 11.

The camp will be 9 a.m. to 3 p.m., at the Hilton Field Sports Complex.

It will be open to children ages 7 to 13 who are the dependents of active-duty Soldiers, retirees or Reservists or Defense Department civilians or contractors.

Participants will learn skills from retired and current NFL players, who also will speak about life beyond football.

For information, call Darius Lane, youth sports and fitness director, at 751-7451.

Sergeants major seek scholarship applicants

The Fort Jackson Victory Chapter of the Sergeants Major Association will conduct its scholarship selection process for fall 2015 through Aug. 5.

The association will award two \$500 scholarships to Family members of active-duty or retired Soldiers, Reservists or National Guardsmen.

For information, visit the chapter's website at www.victorysergeantsmajorassociation.com/scholarship.html.

Please send completed application packets to Command Sgt. Maj. Mark Barnes at hoplite06@yahoo.com or to Sergeants Major Association, P.O. Box 10284, Fort Jackson, SC 29207.

Local student wins money for college

Seven hundred students of military families each will receive a \$2,000 scholarship

this year, thanks to the 2015 Scholarships for Military Children program – among them Chanse Sonsalla, daughter of Lt. Col. Scott and Loretta Sonsalla.

Lt. Col. Sonsalla recently relinquished command of the 3rd Battalion, 34th Infantry Regiment at Fort Jackson.

Chanse Sonsalla intends to attend Baylor University.

The scholarship, created in 2001, recognizes the contributions of military families to the readiness of the fighting force and celebrates the commissary's role in enhancing military quality of life.

Drill Sergeant Academy looking for leaders

The Army Drill Sergeant Academy is seeking exceptional drill sergeants and Advanced Individual Training platoon sergeants to serve as drill sergeant leaders and AIT platoon sergeant leaders.

Interested Soldiers may attend an open assessment and selection event July 21-23.

For more information on the selection process, visit www.milsuite.mil/book/docs/DOC-210743.

CAC change will aid the color impaired

The Defense Department's common access card will be modified to make it easier for visually color-impaired security officials to identify whether its bearers are military, government or contractor civilians, or foreign nationals.

The changes are federally mandated.

Beginning in July, new CACs will bear the changes - circled letters "W" for military and civilian employees, "G" for contractors and "B" for foreign nationals. The circled letter will appear under the card's expiration date.

The letters will accompany white, green or blue bands across the cards, so security officials who cannot discern color can rely on the letter instead.

The CAC also will vary type size to accommodate the length of employees' names. Standard type size is 10 points, but 7-point type will be used for longer names.

DOD employees with up-to-date CACs need not get new cards. The new format will be issued only for new and expiring cards.

SSI to hold CoR

Command Sgt. Maj. Matthew D. Suggs will relinquish his responsibilities at the Soldier Support Institute in a formal ceremony July 8. The event will be at 10 a.m. at the SSI auditorium.

Suggs is leaving to be the senior enlisted leader for the Army Recruiting Command at Fort Knox, Kentucky. His replacement has not been named publicly.



Fort Jackson Leader

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COMMUNITY SNAPSHOTS



3 days 'til graduation

Pvt. Jorge Valverde of 1st Battalion, 13th Infantry Regiment buys his platoon T-shirt and other Army paraphernalia from Auriel Brooks of Recon Sportswear on Sunday.

At right, Pvt. Julian Northrup and Pvt. Corey Clayton of Echo Company, 1st Battalion, 13th Infantry Regiment display competing T-shirts. Soldiers from different platoons claimed their shirts were the best and were excited to claim authorship of the designs.

Photos by CHRISTINE SCHWEICKERT



Scouts' honors

Members of Scout Troop 89 have earned new ranks. Gabriel Rhoads is now a tenderfoot (above), and Jakob Rhoads, Caden Kannady, Samuel McLamb and Michael Ewers have earned the rank of 1st class.

Courtesy photos



Keep July 4 celebration safe — say something

By **OLIN E. THOMAS AND MARK MALLACH**
Antiterrorism Officers,
Joint Base Charleston and Fort Jackson

All it took to apprehend a man accused of killing nine people in a Charleston church last month was one woman who saw something and said something.

If the slogan worked for this crime, it will work to defend our military installations against terrorist attacks — always a danger during an event like the upcoming Fourth of July celebrations at Fort Jackson.

When nine parishioners were shot to death their church at about 9 p.m. June 17, Charleston police responded. At 10:40 p.m., they released a “BOLO” — an order for the public to be on the lookout for a suspected mass murderer.

That night and the following morning, federal, state, county and municipal police agencies developed and followed leads, searching for a killer. Their patrol and search areas covered 932 miles of interstate highways, 7,108 miles of state primary roads and 33,374 miles of state secondary roads in South Carolina alone.

Nearly 5 million South Carolinians, 10 million North Carolinians and 10 million Georgians become sensors — the eyes and ears of law enforcement, searching for the suspect.

At 11:32 a.m. June 18 — a little more than 12 hours after the killings — North Carolina police captured their suspect as the result of a tip by an alert driver on her way to work.

A florist named Debbie Dills had noticed a familiar black Hyundai next to her at a stoplight. She had heard and seen news reports describing the driver and the black Hyundai as being involved in the murders of nine parishioners in a Charleston church.

Dills noted that the driver matched the description of the murder suspect.

She called her boss, who called police, and then followed the suspect for two miles while police confirmed she had reported the car they were looking for.

You, too, can be a sensor. Antiterrorism officers need your help.

Stay vigilant. And if you see something, say something.

On Fort Jackson, call Mark Mallach at 751-3113/3114/3115.



Leader file photo

Soldiers swat a beach ball around in the hours leading up to last year's fireworks display at Hilton Field.

A CELEBRATION OF INDEPENDENCE

8 a.m. to 10 p.m. July 3 at Fort Jackson



SPECIAL EVENTS

- 8 a.m., 5K run/walk, 12.62-mile bike ride at Hilton Field
- 9 a.m., golf open house at the Fort Jackson Golf Course
- 11 a.m., spades/dominoes tournament, bowling at Century Bowling Lanes; mini-golf, water park near Solomon Center
- 6:30-8:15 p.m., commanding general's VIP reception at the Officers' Club

AT HILTON FIELD:

- 4-8 p.m., kids' rides, games
- 6 p.m., welcome
- 6:30-7:20 p.m., Eric Mayweather
- 8-8:50 p.m., 282nd rock band Mission Essential
- 9-9:30 p.m., Independence Day Celebration, 282nd Army Band
- 9:30-10 p.m., fireworks, 282nd Army Band

ALSO OPEN DURING THE DAY:

- Century Lanes, 11 a.m. to 4 p.m.
- Fort Jackson Golf Club, 6:30 a.m. to 7 p.m.
- Mini-golf, 11 a.m. to 5 p.m.
- Palmetto Falls Water Park, 11 a.m. to 7 p.m.
- Weston Lake Beach, 11 a.m. to 6 p.m.

Because the event will be open to the public, minor traffic delays may occur as post security officers search incoming vehicles as well as some visitors' suitcases, parcels and briefcases. MWR-operated facilities such as Gymnasia and the Solomon Center will be closed during the evening.

HAPPENINGS

ANNOUNCEMENTS

CHILDREN AND YOUTH

■ All children and youth enrolled in Child, Youth and School Services summer programs may participate in the Read to Succeed Program as the result of a \$25,000 grant from the S.C. AfterSchool Alliance. Middle- and high-school students also may participate in the 2015 Summer Brain Gain: Read Program as the result of a \$5,000 grant from Staples through the Boys and Girls Clubs of America.

■ School-aged children are eligible for a free hot lunch each weekday throughout the summer, thanks to a grant from the U.S. Department of Education. Lunches through the Agriculture Department's Food Service Program will be available at the SKIES building, 6100 Chesnut Road.

SCHOOL NEWS

■ 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.

■ Parents who wish to enroll their children at 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.

THRIFT SHOP NEWS

■ The Thrift Shop will be closed until July 14.

EXCHANGE NEWS

■ 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.

■ To mark 120 years of support to America's Service members and their Families, the Army & Air Force Exchange

Service is giving military shoppers a chance at \$25,000 in account credits with the MILITARY STAR® Because of You sweepstakes. Shoppers will be entered automatically each time they use their MILITARY STAR® cards to pay for purchases at any AAFES location or on shopmyexchange.com. One grand-prize winner will receive a \$5,000 MILITARY STAR® account credit, and 20 first-prizes winners will receive \$1,000 credits.

■ The Army & Air Force Exchange Service and Unilever will give away \$15,000 in prizes with the Salute to Clean Sweepstakes. Military shoppers worldwide have the opportunity to win one of 30 Exchange gift cards worth \$500 by entering the contest at shopmyexchange.com/sweepstakes. The Salute to Clean Sweepstakes will end July 17.

■ Americans can celebrate their independence by giving back to those who defend it for them with an Army & Air Force Exchange Service gift card. Exchange gift cards can be sent to Soldiers, Airmen, Sailors and Marines deployed to Afghanistan and Kuwait. Service members and their Families may use the cards for all the products they have available at home, such as electronics, apparel, food and drinks. Redeeming an Exchange gift card is reserved for authorized military shoppers, but any American can show support by visiting www.shopmyexchange.com/scs/ to send a card for \$10 to \$500.

COMMISSARY NEWS

■ Visit www.commissaries.com for the latest news, to see what is on sale, to create a shopping list and more. To access the latest sales flyer, click on "Sales and Events" in the "Shopping" tab.

SPORTS

GOLF LETTERS OF INTENT

Letters of intent for golf are due Tuesday for the season beginning July 14. Intramural and recreational teams are needed. For information, call 803-787-4437 or 751-3096.

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 is looking for volunteers to serve as mayors for the Fort Jackson housing communities. Being a

Reel Time Theaters

Fort Jackson Movie Schedule

3319 Jackson Blvd. PHONE: 803-751-7488

Friday

"Tomorrowland" (PG), 1 p.m.

Saturday

"Aloha" (PG-13), 2 p.m.

"San Andreas" (PG-13), 4 p.m.

All-day game tournament. Show your skills playing Mortal Kombat X (rated mature) on Xbox. Doors will open at 12:30 p.m. Play will begin at 2 p.m. First- and second-place winners will receive prizes. A signup sheet will be posted at the theater.

Sunday

"San Andreas" (PG-13), 2 p.m.

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

Wednesday

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

"San Andreas" (PG-13), 4:30 p.m.

Friday, July 10

"Poltergeist" (PG-13), 7 p.m.

Saturday, July 11

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

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

Sunday, July 12

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

"Aloha" (PG-13), 4 p.m.

Wednesday, July 15

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

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

Friday, July 17

"San Andreas" (PG-13), 7 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.

part of the council allows volunteers to make suggestions to improve the quality of life on post. Mayors will receive credit for volunteer hours and receive training. Positions are available in Pierce Terrace 1, 2 and 3, and Howie Village. For information, contact Vickie Grier at usarmy.jackson.imcom-atlantic.mbx.fort-jackson-dpw-housing@mail.mil.

POOL REMINDER

Wading pools must be emptied and properly stored after use. The only pools permitted on post are wading pools no larger than 6 feet in diameter and 1 foot deep. Pools are permitted in backyards only.

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 738-8275.

REFER A FRIEND

Anyone living in Balfour Beatty Communities will earn a \$500 off next month's rent for referring a friend who moves in. For information, call 803-738-8275.

■ Residents who leave Fort Jackson's Balfour Beatty Communities for another post can receive \$100 off housing if they

stay with Balfour Beatty. Call 738-8275 for a list of locations.

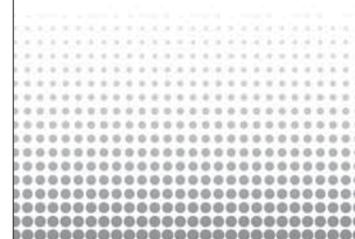
■ Balfour Beatty Communities encourages each resident to complete a comment card after moving in, moving out or other interaction. Doing so makes one eligible for a \$100 monthly drawing.



Fort Jackson Leader

4 min. · Fort Jackson, SC

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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

Ramadan observances

The observance of Ramadan will be conducted on the following dates:

- 7-9 p.m. Saturday, at the Main Post Chapel
- 7-9 p.m. July 11, at the Main Post Chapel

The Eid ul-Fitr will be 8-10 a.m. July 17 and 18, at the Main Post Chapel.

Chapel

- 11 a.m., service, Memorial Chapel
- 11 a.m., Chapel Next, Bayonet Chapel
- 5-6:30 p.m., youth group, Chaplain Family Life Center

Monday

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

Wednesday

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

Thursday

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

ADDRESSES, PHONE NUMBERS

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

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

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

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

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

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

Magruder Chapel, 4360 Magruder Ave., 751-3883

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

Memorial Chapel, 4470 Jackson Blvd., 751-7324

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

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



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Saluting this BCT cycle's honorees

DRILL SERGEANTS OF THE CYCLE.

Photos by OITHIP PICKERT, Public Affairs Office



**Sgt. 1st Class
Jessica Scott**
Company E
1st Battalion,
13th Infantry Regiment

HONOR GRADUATE OF THE CYCLE

Pvt. Rafael Aponte

STUDENT LEADER OF THE CYCLE

Pvt. Julian Northrup



**Staff Sgt.
Kevin R. Mixon**
Company F
1st Battalion,
13th Infantry Regiment

HONOR GRADUATE OF THE CYCLE

Pvt. Daniel Zeigler

STUDENT LEADER OF THE CYCLE

Pvt. Thomas Wilson

JULY PROMOTIONS

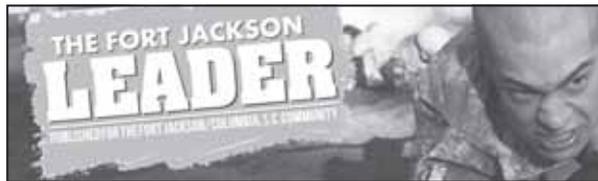
The following officers have been promoted to the ranks listed:

Capt. Brendan M. Law
Capt. Lacy D. Sproul

The following enlisted Soldiers have been promoted to the ranks listed:

Master Sgt. Bryan W. Butler
Master Sgt. Kacie K. Dunn
Master Sgt. Tamika K. Valentine
Master Sgt. Carlos E. Verdejo
Sgt. 1st Class Malcolm D. Ackers
Sgt. 1st Class Jonathan P. Adams
Sgt. 1st Class Cedric P. Banks
Sgt. 1st Class Brandon S. Baumeyer
Sgt. 1st Class Javier A. Beltran
Sgt. 1st Class Andrew J. Braunreiter
Sgt. 1st Class Jasmine D. Buck
Sgt. 1st Class Sherille A. Butler
Sgt. 1st Class Taofegauiai P. Cajina
Sgt. 1st Class Brandon J. Crawford
Sgt. 1st Class Gabriel T. Croker
Sgt. 1st Class Scott H. Denney

Sgt. 1st Class Cory D. Gleason
Sgt. 1st Class Sidney L. Graham
Sgt. 1st Class Chrisandra N. Hersh
Sgt. 1st Class Darryl T. Hicks
Sgt. 1st Class Jamel Q. Holt
Sgt. 1st Class Russell J. Hull
Sgt. 1st Class Nicole Melvin
Sgt. 1st Class Jeremy E. Oliphant
Sgt. 1st Class Xavier C. Presume
Sgt. 1st Class Jose C. Ramos-Lopez
Sgt. 1st Class Randy T. Richardson
Sgt. 1st Class Edwin D. Summers
Sgt. 1st Class Stephanie Torres-Davila
Sgt. 1st Class Derek W. Vess
Sgt. 1st Class Robert D. Walker
Sgt. 1st Class Brian S. Webster
Sgt. 1st Class Daniel L. Whitt
Staff Sgt. Morton D. Facey
Staff Sgt. Jamie J. Jones
Staff Sgt. Deshaun M. Rash
Staff Sgt. Shannon L. Tolbert
Staff Sgt. Ernesto Valenzuela
Staff Sgt. Moises Villa



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