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THE FORT JACKSON

LEADER

PUBLISHED FOR THE

COMMUNITY



'A SOLDIER'S LEADER'

**FORT JACKSON WELCOMES
NEW COMMANDING GENERAL**

— PAGES 3, 7

★ COMMUNITY SNAPSHOTS, PAGES 8,9 ★ MOVIES, PAGE 11 ★ WORSHIP, PAGE 22 ★ HAPPENINGS, PAGE 26 ★



ON THE COVER

Photo by ROBERT TIMMONS

Brig. Gen. Roger Cloutier assumed command of Fort Jackson from Maj. Gen. Bradley Becker during a change of command ceremony Friday at Victory Field.



Fort Jackson, South Carolina 29207

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HEALTH

Looking for miracles?

Dietary supplements don't provide them

By 1ST LT. LAURA NEWMAN
 Moncrief Army Community Hospital

Editor's note

Thinking about trying a supplement to help you lose weight or score higher on your next PT test? Think again.

The dietary-supplement market is like the Wild West — lots of companies trying to seize the endless opportunities, no one in charge and very few rules.

Here's what you need to know to keep yourself healthy and performing at your best.

Supplements: the facts

It's true that not all dietary supplements are bad. For example, if your body doesn't get enough of a certain vitamin or mineral, your doctor may prescribe a supplement to help get your levels back up.

But when it comes to products that claim to do all sorts of wonderful things — such as helping you to lose 20 pounds in two weeks or to shave five minutes off your 2-mile run time without extra training — be cautious.

Here's what you need to know:

The U.S. Food and Drug Administration, which regulates prescription drugs, does regulate supplements. The FDA does require that supplement packaging includes a "Supplement Facts" panel, which must list all ingredients in the supplement. But there are a few catches:

- When you see "proprietary blend" on an ingredient list, that means the manufacturer does not have to list all ingredients, to keep competitors from copying the formula. So, you have no way to know exactly what is in the product, which may be potentially harmful if the product contains stimulant-like ingredients such as caffeine, yohimbine, guarana or synephrine.

- The Department of Defense maintains no list of allowed or banned supplements or supplement ingredients except for those banned by the FDA.

- Likewise, just because you can buy a supplement on post does not mean it is safe and will not cause a positive result on a urinalysis.

What you can do:

The old saying "If it sounds too good to be true, it probably is" applies to supplements. The more claims a



HBO's "Real Sports with Bryant Gumbel" recently aired a 16-minute segment called "In Harm's Way" that criticized the availability of potentially dangerous sports nutrition supplements to the nation's military. Such substances do not require federal approval and may be found at post Exchanges and other stores.

Last year, military installations — including Fort Jackson — pulled from their shelves a dietary supplement said to contain a derivative of methamphetamine.

In this column, registered dietitian 1st Lt. Laura Newman of the Moncrief Army Community Hospital Nutrition Care Division reiterates that just because something is sold on post doesn't mean it is safe.

Find more tips for keeping healthy during the summer — and all year long — on pages 15-18.

product makes, the less likely it is to do anything at all. Do your homework before buying the latest fad product. Your body and wallet will thank you.

- Look for the seal of a third-party certification organization, such as NSF International, USP, Informed-Choice, ConsumerLab or the Banned Substances Control Group (BSCG). Such groups perform independent testing on supplements to ensure that companies use good manufacturing processes and that supplements contain only the ingredients listed on the label. These seals do not guarantee that a product will be effective, however.

- Check the Human Performance Resource Center website — hprc-online.org — or the Natural Medicines Comprehensive Database for more information on the safety and efficacy of specific products.

- Contact a registered dietitian at Moncrief Army Community Hospital at 751-2489/2496 to learn how to meet your protein needs, maximize your physical-fitness goals, prevent diseases such as heart disease and diabetes, or lose weight naturally, without supplements.

Yes, it is possible!

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 4:

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

GATE 2:

Open around the clock.

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.



Fort Jackson Leader 4 min. · Fort Jackson, SC

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Photo by ROBERT TIMMONS

Pvt. Andrew Carabajal and post commander Brig. Gen. Roger Cloutier wield a saber, preparing to cut a cake celebrating the post's 98th birthday. The two were the main event during a ceremony at the Quad DFAC on Tuesday. "We are celebrating the 98th birthday of Fort Jackson," Cloutier said, after talking briefly to a visibly nervous Carabajal in private. "For the past 16 years, we have been at war. Thank you for volunteering." Carabajal was the youngest Soldier from Alpha Company, 3rd Battalion, 13th Infantry Regiment.

Cloutier 'a Soldier's leader' who 'cares for the troops'

By ROBERT TIMMONS
Fort Jackson Leader

While he walked through the post Exchange the night before he would take command of Fort Jackson, Brig. Gen. Roger L. Cloutier found inspiration from a special source the post is known for — a newly graduated Initial Entry Training Soldier.

When the general met Pvt. Moses, who "stood tall, full of pride and disciplined," he was profoundly affected. And when he saw Pvt. Moses's grandmother in tears, Cloutier said, the "magnitude of what occurs here every day" hit him.

"There is no greater responsibility than training the great young men and women who volunteer to defend this idea we call America," Cloutier, a career Infantry officer and father of three, said during his initial speech as post commander. "Their families give us their most prized possessions — their sons and daughters — who join an Army at war, and willingly defend our freedom. We owe them the very best, and I am committed to that."

When the chief of staff of the Army asked Cloutier to command Fort Jackson, he was putting in place a leader known for taking care of Soldiers and friends.

Command Sgt. Maj. Neal Seals, Special Troops Battalion senior enlisted leader, characterized the new post commander as a great leader, a "Soldier's leader."

"He really cares for the troops," said Seals, who

served under Cloutier as operations sergeant major for 1st Heavy Brigade Combat Team, 3rd Infantry Division. "He understands what they go through and ensures they have everything they need."

While commanding the 1st Battalion, 30th Infantry Regiment during Operation Iraqi Freedom, Cloutier became known for acting quickly after a roadside bomb killed one of his Soldiers.

In an event chronicled in the Los Angeles Times article "A Death in the Family," then Lt. Col. Cloutier mounted an aggressive campaign to root out insurgents near his base in Iraq. He sent Abrams tanks and Bradley fighting vehicles, in cooperation with a nearby Iraqi Army unit, into the town of Muqdadiyah, hunting those responsible and reportedly capturing eight insurgent leaders.

Times reporter David Zucchino quoted Cloutier as saying he wanted to "haunt" the enemy's dreams.

Cloutier later would be the first person to welcome a wounded Iraqi Army hero to the United States for treatment of multiple gunshot wounds suffered in an assassination attempt. The Washington Times reported in the story "Fighting a new battle" that Cloutier told his colleague, Capt. Furat that "it took a long time, but we were able to do it." Cloutier's arrival signaled the end of a two-month campaign by Army and Air Force officers, civilians and senators to bring Furat to America for treatment.

See **CLOUTIER**: Page 23

Post contributes \$175,000 to Army Emergency Relief

By **CHRISTINE SCHWEICKERT**
Fort Jackson Leader

Fort Jackson collected more than \$175,000 this year to help Soldiers, widows and orphans in need. The figure is less than the amount collected during the 2014 Army Emergency Relief campaign, with organizers crediting the dip to a shrinking pool of potential donors.

“What does this obligate me to?” garrison commander Col. Michael Graese joked Friday as he signed a giant foam-board check celebrating the end of the campaign.

The check won't be cashed anywhere, of course, but the \$175,762.36 raised from March 2 to May 15 will go to AER, which provides no-interest loans and grants to Soldiers and their Families in crisis.

Last year, Fort Jackson Soldiers, military retirees and other contributors raised \$248,186.87. Although the dollar amount is larger than this year's, campaign coordinator Capt. Sherry Bobbett said the average contribution remained about the same.

Of the total this year, active-duty Soldiers raised \$112,098.36; retirees, \$63,369; and others, \$295.

In 2014, the figures were \$182,061.94, \$65,110.93 and \$1,014, respectively.

In 2014, Soldiers' contributions made up more than 70 percent of the total; in 2015, more than 60 percent. The average contribution per active-duty Soldier also fell, from about \$21 to \$14.

Bobbett, of the Soldier Support Institute, and Sgt. Laquanda Rainey of the 165th Infantry Brigade were tasked to lead the campaign team, which comprised more than 60 unit representatives

and 8,075 Soldiers.

“The Soldiers did an awesome job,” Bobbett said. “It was great. I was coming from deployment (in Uganda), so it was a great opportunity to get involved . . . doing something for the Soldiers” with whom she had just begun to work.

Bobbett said she liked the idea of being able to help Soldiers in difficulty — especially new troops. The message of AER, she said, is “Hey, you're not alone.”

All joking aside, Graese called himself a 30-year supporter of AER.

“It's a magnificent program,” he said — and one frequently used.

“Every week, we get requests,” Graese said.

AER is a private nonprofit organization incorporated in 1942 by the secretary of war and the chief of staff of the Army.

New Army camo will hit stores starting in July

The Army has announced the release of the Operational Camouflage Pattern in Soldier uniforms, which will be available for purchase in select military clothing sales stores July 1.

Stores will receive the uniforms between July and November, and new Soldiers will receive Operational Camouflage Pattern ACU's beginning in January 2016. The Army chose the pattern after comprehensive testing.

Sgt. Maj. of the Army Daniel A. Dailey encouraged enlisted Soldiers to purchase new uniforms with their annual clothing allowances.

“I myself will wait until I am issued my clothing allowance before purchasing a uniform with the Operational Camouflage Pattern,” Dailey said. “I encourage all Soldiers and leaders to do the same by budgeting for a new uniform, belt, boots and T-shirts as you receive your clothing allowance over the next two to three years.”



How can we make Fort Jackson a healthier community?



Let your Community Health Promotion Council know your opinion on the quality of life, health, safety, and satisfaction within Fort Jackson. The top issues will be brought to the senior commanders on the installation to become priorities for the Council.

WHO: Soldiers, DA Civilians, Family Members, and Retirees

WHAT: Community Strengths and Themes Assessment (CSTA) Survey

WHEN: 16 April – 16 July 2015

WHERE: Online survey or hard copy

WHY: To assess and address the needs and concerns of the community by implementing solution-based programs, services, and initiatives

Voice your concerns at:

<https://usaphcapps.amedd.army.mil/Survey/se.ashx?s=2511374517BB71CD>



POC: Health Promotion Operations, 751-7066



240th

1775 - 2015

JUNE 13, 2015
ARMY BIRTHDAY BALL

**240th
ARMY**

BIRTHDAY

240 YEARS OF SELFLESS SERVICE TO THE NATION

Columbia Metropolitan Convention Center

Cocktails at 5:00pm followed by dinner, guest speaker and entertainment by the 282nd Army Band

Theme: Remembering **VIETNAM**

Attire: Military - Mess Dress/Dress Blues

Civilian – Black Tie

Child Care available through CYS

Tickets available thru unit ticket representatives

Prices: 06+/Civilians - \$50, 04-05/E9 - \$45, WO1-CPT/E7-E8 - \$40, E6 and below - \$35

GS15 - \$50, GS13-14 - \$45, GS9-12 - \$40, GS8 and below - \$35

For more information: see your unit representative or email james.a.karcanes.mil@mail.mil

'We owe them the very best'

New commanding general committed to training Soldiers

By WALLACE McBRIDE
Fort Jackson Leader

Brig. Gen. Roger Cloutier assumed command of Fort Jackson from Maj. Gen. Bradley Becker during a change of command ceremony Friday at Victory Field.

While tradition pushed Cloutier and Becker to the forefront of the day's events, both men took time in their comments to remind the audience of the significance of Fort Jackson's mission.

"There is no greater responsibility than training the great young men and women who volunteer to defend this idea we call America," Cloutier said. "Their families give us their most prized possessions — their sons and daughters — who join an Army at war, and willingly defend our freedom. We owe them the very best, and I am committed to that."

Before arriving at Fort Jackson, Cloutier was the director of force management, which guides changes in Army structure.

"In that role as director for force management, he was able to decisively engage in the shaping of the future Army, both near and long term," said Maj. Gen. Ross Ridge, commanding general of the Army's Initial Military Training, who presided over last week's ceremony. "Roger did exceedingly well at that, thus why he was given the opportunity and the honor of commanding the ATC and Fort Jackson."

Cloutier succeeds Becker, who will take command of the Military District of Washington and command Joint Force Headquarters-National Capital Region, Washington, D.C.



Photo by ROBERT TIMMONS

Brig. Gen. Roger Cloutier receives the Fort Jackson colors from Maj. Gen. Ross E. Ridge, commander of the Center for Initial Military Training, during a change of command ceremony last week at Victory Field.

"When I arrived two years ago, I said that training was our top priority," Becker told the audience at last week's ceremony. "The folks on this field made that a reality. I truly believe we're training the best Soldiers in the world, and they're capable of accomplishing any mission our country asks of them."

While hundreds of thousands of Soldiers have passed through the gates of Fort Jackson since it was established almost a century ago, only a few have shouldered the burden of command for the entire installation. One of the names on that short list is retired Maj. Gen. Abraham Turner, who was in the audience for Friday's ceremony.

The event served as a reminder of the installation's legacy, reaffirming its relationship with the community.

"And it's about telling the story that we're alive and well here at Fort Jackson, and that Fort Jackson still has a mission to perform for the Army," Turner said.



Photo by ROBERT TIMMONS

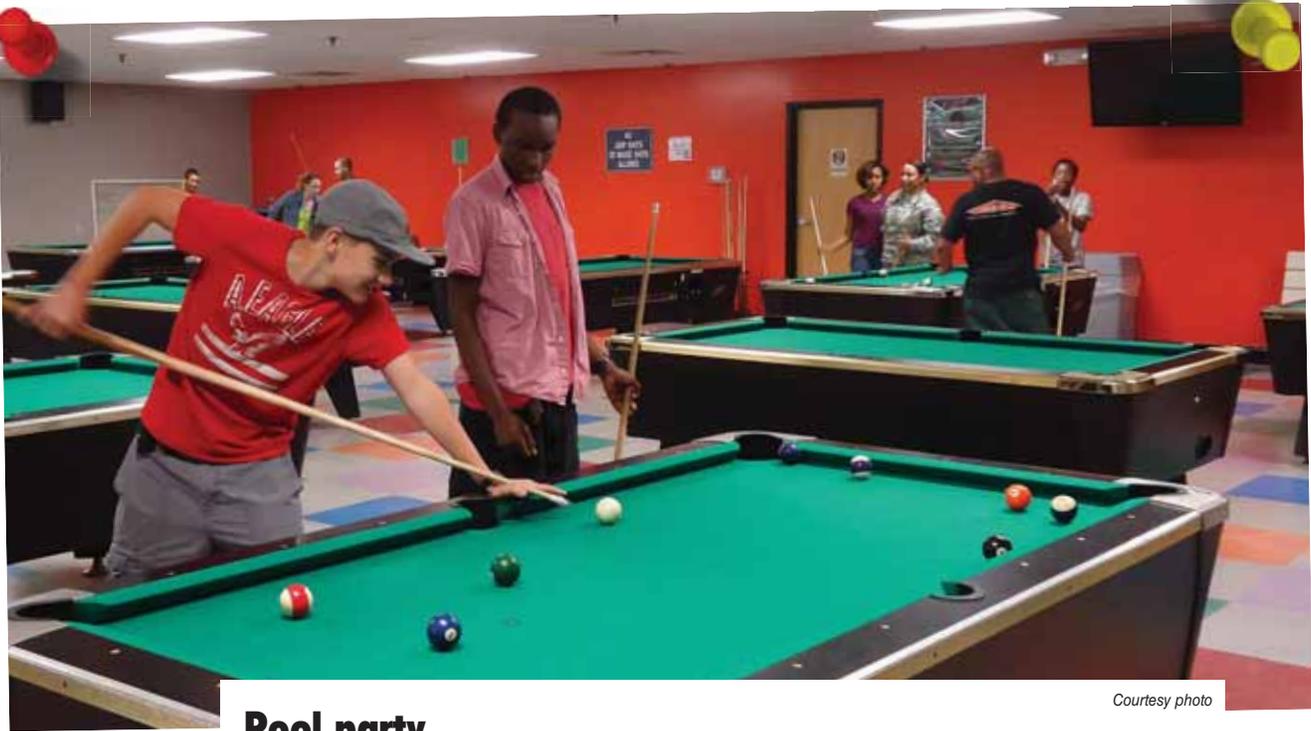
Cannons fire and troops salute during 'Ruffles and Flourishes' while the official party arrives at for Friday's change-of-command ceremony.



Photo by WALLACE McBRIDE

Brig. Gen. Roger Cloutier chats with Maj. Gen. Leslie Purser, commanding general, 108th Training Command (Initial Entry Training), Friday during a reception ceremony at the post's NCO Club.

COMMUNITY SNAPSHOTS



Courtesy photo

Pool party

Alan Deogracias III and Meleke Dennis shoot a game of pool during the 193rd Brigade's family night at Ivy Lanes. The free event included pizza, wings, drinks, arcade games, Xbox stations, pool tables and bowling, allowing Soldiers to spend time with their Families.



Courtesy photo

VolunTEENS celebration

American Red Cross VolunTEENS celebrated the end of the school year at Weston Lake recently. Forty VolunTEENS from local high and middle schools attended to elect leaders. Pictured here: Megan Rear-don, re-elected president; Phillip Lyew-Daniels, outgoing vice presi-dent; Ciara Wilson, incoming vice president); Chanse Sonsalla, outgo-ing secretary; Monique Sparkman (not pictured), incoming secretary; and Laurel Fite, re-elected historian/reporter.



Courtesy photo

Fort Jackson Youth of the Year

Anntwanette Sulton, 16 and a sophomore at Brookland Cayce High School, has been named Fort Jackson's Youth of the Year. She participated in the Youth of the Year State Competition in May, coming in as runner-up and winning a \$1,200 scholarship. Surrounding her are event sponsors.



Courtesy photo

Youth of the Month

Destiny Kinsler, 16 and a freshman at A.C. Flora High School, was Fort Jackson Boys and Girls Club Youth of the Month for May. Destiny was selected because of her willingness to perform community service and her commitment to the club.

SUBMISSION GUIDELINES

PHOTOGRAPHS SUBMITTED TO COMMUNITY SNAPSHOTS SHOULD BE IN **HIGH-RESOLUTION COLOR JPEGs** THAT ARE CLEAR AND WELL COMPOSED. WE PREFER PHOTOGRAPHS THAT DEPICT ACTION, NOT POSES - BUT WE WILL PUBLISH POSED PORTRAIT-STYLE PHOTOS.

PLEASE MAKE SURE TO IDENTIFY EVERYONE IN A PHOTO FROM LEFT TO RIGHT, AND INCLUDE RANK AS WELL AS FIRST AND LAST NAMES. PLEASE INCLUDE WHERE A PHOTO WAS TAKEN, AS WELL AS A SMALL DESCRIPTION OF THE REASON IT WAS TAKEN.

SUBMIT PHOTOGRAPHS TO FJLEADER@GMAIL.COM A WEEK BEFORE THE INTENDED PUBLICATION DATE. UNDERSTAND THAT PHOTOS SENT MUCH LATER THAN WHEN THEY WERE TAKEN MAY NOT BE USED BECAUSE THEY NO LONGER REMAIN TIMELY.

FOR MORE INFORMATION, CALL 751-7045.

Fort Jackson Sustainability EXPO

Tuesday, 16 June 2015
0930-1330
@ The NCO Club

About the Expo

A Green Procurement Program Event

Learn more about the DoD Green Procurement Program and how your team can comply with DoD & Federal regulations & directives. The Fort Jackson Sustainability Expo will feature vendors and organizations that supply bio-preferred, recycled content, energy efficient, & water efficient products as well as "green" services. Don't miss this opportunity!

Workshops

Ms. Beth Martin, US Army Public Health Command will be leading three 20 minute presentations with question & answer to help Fort Jackson groups and organizations understand their responsibilities under the DoD Green Procurement Program (GPP).

Times: 0945, 1030, 1115

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If you print me, remember to recycle me!

‘Into the Woods’ screening set for June 12 at state park

Sesquicentennial State Park will offer an outdoor showing of the PG-rated fantasy film “Into the Woods” at nightfall June 12.

The outdoor screen will be set up in the park’s main picnic area. Popcorn, candy and drinks will be sold, with proceeds going to the Friends of Sesqui.

The event will be free with park admission of \$2 for each adult. Children 15 and

younger will be admitted free. A \$1.25 discount is available for South Carolina residents who are 65 and older, disabled or members of the S.C. National Guard.

Visitors should take blankets, lawn chairs, insect repellent and flashlights.

For more information, call 803-788-2706 or e-mail sesqui@scprt.com.

Sesquicentennial State Park is on Two Notch Road in northeast Columbia.

JUNE PROMOTIONS

The following officers will be promoted this June:

Col. Richard A. Bickel
Col. Thomas M. McCardell
Lt. Col. Chester C. Jean
Lt. Col. Robin W. Lea

The following enlisted Soldiers will be promoted:

Sgt. Maj. Michael M. Brosch
Master Sgt. Keith A. Jenkins
Sgt. 1st Class Keith A. Boone
Sgt. 1st Class Ashley M. Brown
Sgt. 1st Class Jason C. Burger
Sgt. 1st Class William A. Feldhahn
Sgt. 1st Class Mentee Gaye
Sgt. 1st Class Vanessa M. Gee
Sgt. 1st Class Charles J. Howe

Sgt. 1st Class Edward K. Jervis
Sgt. 1st Class Michael A. King
Sgt. 1st Class Janea S. Lowe
Sgt. 1st Class Robert F. Savoldy
Sgt. 1st Class Jessica L. Scott
Sgt. 1st Class Matthew G. Spencer
Sgt. 1st Class Tania A. Valdez-Castrellon
Sgt. 1st Class Adam D. Westerman
Staff Sgt. Gil D. Amaya
Staff Sgt. Shermel A. Ceasar
Staff Sgt. Richard A. Cozad
Staff Sgt. Tammera A. Cordell
Sgt. Adjei Boateng
Sgt. Latrelle E. Brigham
Sgt. Jessica D. Martin
Sgt. Travis R. Myers
Sgt. Dylan C. Saunders



Fort Jackson Movie Schedule

3319 Jackson Blvd. PHONE: 803-751-7488

Friday

“Avengers: Age of Ultron” (PG-13), 7 p.m.

“Paul Blart: Mall Cop 2” (PG), 4:30 p.m.

Saturday

“Avengers: Age of Ultron” (PG-13), 2 p.m.
“The Age of Adaline” (PG-13), 4:30 p.m.

Friday, June 12

“Monkey Kingdom” (G), 7 p.m.

Sunday

“Avengers: Age of Ultron” (PG-13), 2 p.m.
“Little Boy” (PG-13), 4:30 p.m.

TICKETS

Adult: \$5.50
Child (6-11): \$3
3D TICKETS
Adult: \$7.50
Child (6-11): \$5

- Ticket sales open 30 minutes before each movie.
- Movie times and schedule subject to change without notice.

Wednesday, June 10

“Avengers: Age of Ultron” (PG-13), 2 p.m.



Fort Jackson Leader

Join us on Facebook. Visit www.facebook.com/fortjacksonleader and click “like.”



Courtesy photo

Gregg and Lisa Charvoz pore over material for the Strong Bonds conference while Chaplain (Lt. Col.) Michael DuCharme and wife, Lisa, keep watch. The 81st Regional Support Command chaplains offer monthly events for Soldiers and their Families, to improve Family communication and relationships.

Chaplains can help couples strengthen marital bonds

By **MICHAEL MASCARI**
81st Regional Support Command

The 81st Regional Support Command offered a Strong Bonds event May 14-16 in Jacksonville, Fla. — an event that helps fledgling and veteran spouses alike.

“It’s amazing because we’ve been married for 26 years next month, and you still glean knowledge from the tools they give you,” said Lt. Col. Mike DuCharme. “Lisa and I have been to a number of these, and we’ve instructed at them, and it’s still amazing what you get out of them.”

DuCharme was “Mike” for the weekend. On the job, he’s 81st RSC Deputy Command Chaplain (Lt. Col.) Michael Ducharme. In that capacity, he usually helps organize Strong Events.

“It’s a chaplain-led program, and even we — as chaplains — need to do exactly what we communicate in these classes so that we can grow with our spouses and in our own relationships,” DuCharme said.

Chaplain (Maj.) Randal Johnson, U.S. Army Reserve Command director of Soldier and Family Ministry, helped support the event, which he called vital for personal and professional growth. Chaplains, he said, need those, too.

“Every chaplain needs a chaplain,” Johnson said. “We all need help when it comes to relationships.”

“Chaplain DuCharme plays an important role in helping others, and it’s important that he and his wife have the opportunity to experience this weekend for themselves.”

The 81st RSC sponsors several Strong Bonds events each year, with classes designed for single Soldiers, married Soldiers and Soldiers’ Families.

Strong Bonds helps Soldiers focus on enhancing relationship and coping skills that benefit them and their families personally and professionally. A Soldier may attend a session once every two years.

Sessions also are open to Reservists and AGR Soldiers. The active component and National Guard conduct similar programs.

Relationship problems play key roles in both suicides and work difficulties, Johnson said, and Strong Bonds skills can mitigate many such issues.

“It’s part of the Army’s Ready and Resilient campaign,” he said. “When a Soldier has a strong personal life, it is reflected in his or her work performance. Soldiers with a healthy home life are much more likely to be successful.”

The program takes place in resort setting, DuCharme said, to allow “people in the busyness of their lives to fit family time in between their civilian lives and lives as Soldiers. They are able to relax, enjoy each other and spend time to use these tools on areas they need to work on.”

If you are a Reservist in the Southeastern United States, visit 81strscbprogram.wix.com/home for information on Strong Bonds.

Soldiers in the National Guard or outside the region should contact their chaplains for information about the program.

“Every chaplain needs a chaplain. We all need help when it comes to relationships..”

Chaplain (Maj.) Randal Johnson,
U.S. Army Reserve Command director
of Soldier and Family Ministry

Program sends vets to business boot camp

By **SGT. 1ST CLASS JOHN FRIES**
81st Regional Support Command

GAINESVILLE, Fla. — It all starts with an idea. Whether it be an IT staffing company, boat-repair business or a nonprofit organization that helps improve accessibility for the disabled in their own homes, any business plan is just an idea that never will blossom without the right knowledge and mentorship.

The University of Florida and Warrington College of Business Administration have established a Veterans Entrepreneurship Program that’s free to applicants selected to attend.

Program director Michael Morris explains that the program is not for just anyone. It takes partners — such as Army Reserve ambassadors — to help find the right people for the program.

“We have over 100 applications for those 43 spots,” Morris says. “You can’t just go by a list. You have to have connections, people, gatekeepers like Army Reserve ambassadors who are aware of vets, vets with disability ratings that are trying to transition or trying to plan for the future.”

The VEP is a three-phase program. Once a candidate enrolls, he spends five weeks on online discussions and a self-study curriculum.

Phase 2 is an intense eight-day residency portion in which students are flown to Florida, lodged and provided meals while receiving business information.

The final phase is a six-month mentorship program in which graduates execute their plans, and other entrepreneurs and subject-matter experts answer questions they may have. Graduates also have access to online peer-to-peer networking.

Sponsors and private donors underwrite VEP costs.

Last year, 43 veterans completed the inaugural class.

Ed Dial is one. He has owned Ocala ATV in Ocala, Fla., and Gainesville, Ga., since 2007 and says the program changed the way he looks at doing business.

“It gave me a better idea to look at things in a more sophisticated way to market a lot better and to do my finances a lot better,” Dial says. “A lot of things added to what I was already doing to make it better.”

As a result, Dial says, his sales have increased.

For information about the Veterans Entrepreneurship Program, visit warrington.ufl.edu/centers/cei/outreach/vep/ or email VEP@warrington.ufl.edu.



Saluting this BCT cycle's honorees

DRILL SERGEANTS OF THE CYCLE. Photos by OITHIP PICKERT, Public Affairs Office



Staff Sgt. Douglas Shoup
Company A
1st Battalion,
61st Infantry Regiment

HONOR GRADUATE OF THE CYCLE

Pvt. Jenna F. Quinn

STUDENT LEADER OF THE CYCLE

Pvt. Jenna F. Quinn

HIGH APFT SCORE

Spc. Daniel Kent

HIGH BRM

Pvt. Sansudsavat Sivapat



Sgt. 1st Class Jose M. Rosario
Company B
1st Battalion,
61st Infantry Regiment

HONOR GRADUATE OF THE CYCLE

Pvt. Jewdy M. Bautista

STUDENT LEADER OF THE CYCLE

Spc. Mark H. Long

HIGH APFT SCORE

Spc. Mark C. Russo

HIGH BRM

Pvt. Travis C. Llanas



Sgt. 1st Class Natalie Taylor
Company C
1st Battalion,
61st Infantry Regiment

HONOR GRADUATE OF THE CYCLE

Pvt. Joshua Parkinson

STUDENT LEADER OF THE CYCLE

Pfc. Class Eli Guzik

HIGH APFT SCORE

Spc. James Bergeman

HIGH BRM

Spc. Nicholas Mazurak



Staff Sgt. Rosalyn Anderson
Company E
1st Battalion,
61st Infantry Regiment

HONOR GRADUATE OF THE CYCLE

Pfc. Elizabeth Hanamaikai

STUDENT LEADER OF THE CYCLE

Pvt. Charles J. Williams

HIGH APFT SCORE

Pfc. Nayeli Jimenez

HIGH BRM

Spc. Aaron Johnson



Courtesy photo

193rd develops condensed fitness course

Instructors from the Master Fitness Trainer Course conduct a half-day condensed version of classes in physical readiness, mobility and running for drill sergeants, aided by MFT graduates. The course usually lasts for two weeks, which makes it nearly impossible for drill sergeants to attend. The new MFTC 'lite' developed by the 193rd Infantry Brigade allows them to experience the program without being out of the fight for two weeks. The brigade plans a second offering of the condensed training this summer.

NEWS DIGEST

2-60th to change commanders

Lt. Col. Jeff Kirby will relinquish command of 2nd Battalion, 60th Infantry Regiment to Lt. Col. Jeremy Lee Peifer on Wednesday. The ceremony will be at 9 a.m. on Victory Field.

Hernandez to leave 165th

Col. Bryan Hernandez will relinquish command of the 165th Infantry Brigade to Col. Thomas Sheehan on June 12. The ceremony will be at 9 a.m. on Victory Field.

Museums open free to Soldiers

Through Labor Day, Soldiers and their Families may visit more than 2,000 museums in all 50 states, Puerto Rico and American Samoa courtesy of a collaboration among the Blue Star Museums, the National Endowment for the Arts, Blue Star Families and the Defense Department.

Some special or limited-time museum exhibits may not be included in the free-admission program. For questions on particular exhibits or museums, contact the museum directly. To find participating museums and plan a trip, visit the Blue Star Museums website, arts.gov/bluestarmuseums.

Defense secretary joins Facebook

Defense Secretary Ash Carter has become the first defense secretary to join Facebook.

Pentagon officials say that Carter will be able to communicate personally with nearly 3 million Service members and civilians on the social-media platform.

The defense secretary's first post was a photo of himself shaking hands with a young Marine on a U.S. Marine Corps MV-22 Osprey flying over the Strait of Malacca. Carter was on an around-the-world trip to visit allies, partners and Service members.

To find the page on Facebook, search for "Secretary of Defense Ash Carter." Typing in just "Ash Carter" provides an array of results that will not be what you're looking for.

Odierno set to retire in August

When Army Chief of Staff Ray Odierno retires this August, he'll leave behind the unfinished business of how big the Army will be.

"I thought by now we would have had that resolved," Odierno said in a recent interview. He said he knew questions on the final size of the Army had brought "angst to our soldiers."

The final end strength of the Army - the number of Soldiers who will be allowed to serve - remains "up in the air," Odierno said. It will be "based on what happens with the Congress and the president as they continue to wrestle what the budget would be."

Odierno predicted that the issue still would be a concern for two to three years to come.

Material from staff and Army.mil reports was used in this report.

SUMMER SAFETY

Summer brings with it the opportunity for fun – swimming, hiking, grilling out on the patio – but it also presents its own peculiar safety challenges. The emergency-response team on post stands ready and able to meet your needs when you get into trouble, but they'd rather you take every precaution possible so such a meeting doesn't take place. If you missed the summer safety stand-down in May, here's your chance to catch up.



File photos

Yuansheng Yang looks over Semmes Lake as he waits for his first catch of the day at the Fort Jackson fishing derby in 2014.



Soldiers, Family members and civilians enjoyed a 'Big Day Out' in the sun at Fort Jackson's Semmes Lake.

BEACH SAFETY

Bouncing up and down in the ocean should show you're having fun, not signaling for help. So keep in mind that the waves aren't always friendly. Rip currents – invisible but strong currents – can sweep up swimmers and push them deeper into the water and farther from shore.

To protect yourself and your family, think before you enter the water. Check the local beach forecast, including water conditions. (Just because it's sunny doesn't mean it's safe to swim.) Once you get to the beach, talk to a lifeguard about any unsafe conditions, such as contaminants or tides.

Also:

- Swim only in areas protected by lifeguards.
- Swim with a buddy.
- Swim sober.
- Don't fight the current. Signal for help.
- Don't float where you can't swim.
- Watch small children closely.
- Don't dive into the surf – protect your neck.
- Leash your boogie board or surfboard.
- Look for, read and obey all beach safety flags. (Yellow means a lifeguard is on duty, blue means aquatic danger and red, no swimming allowed.)

Source: U.S. Army summer safety campaign

BOATING SAFETY

It's not that far from post to several beautiful lakes where you can lie back and soak in the sun aboard your boat. To be safe on the water – and to make

sure someone can find you if an accident happens – download and fill out a float plan before you go. Leave it with someone you trust, just in case. (You can find a form at www.dnr.sc.gov/boating/forms/pdf/DNRfloatplan.pdf.)

Then:

- Check the weather to make sure it's safe for sailing.
- Take along lifesaving devices that are in good shape and the right size for everyone onboard.
- Check the fuel and charge.
- Make sure lights on the boat and trailer work.
- Make sure your fire extinguisher is accessible and in good condition.
- Put the plug in.
- Connect trailer safety chains to your tow vehicle.
- Carry a cell phone, if possible.

On the water:

- Know the aids to navigation and buoy system in the area.
- Don't drink alcohol or use drugs while operating your boat.
- Be aware of overhead power lines and wires.
- If someone falls overboard, throw something that will float - a personal flotation device, raft or cooler.
- Give boats approaching from the right the right of way.
- Anchor from the bow, and pull the anchor before leaving.
- If your boat capsizes, stay with the boat.
- If you are caught in a storm, head into the wind, put on flotation devices and keep passengers low in the boat.

Source: S.C. Department of Natural Resources



Palmetto Falls Water Park

SUMMER FUN

If you live or work on FORT JACKSON, you won't have to worry about how to keep your children busy this summer. There are plenty of places they can have fun — with or without you. Opportunities range from sports and fitness to story time at the library to Family camping expeditions. And a lot of it's FREE. What's not to love?

The installation is making it easy for children to stay active during vacation

LIBRARY EVENTS

- Free events at the Thomas Lee Hall Library:
 - 11-11:30 a.m. Tuesdays, 6:30-7 p.m. Thursdays in June and July, story time
 - 11:30 a.m. Thursdays in June and July, Musical Movie Thursdays
 - 2-3 p.m. June 10, In a Minute musical program
 - 3-4 p.m. June 17, Playlist musical program
 - 2-4 p.m. June 24, karaoke afternoon
 - 3-4 p.m. June 27, air guitar contest
 - 2-3 p.m. July 8, The Science of Sound musical program
 - 2-3 p.m. July 15, Sound Track Scrimmage musical program
 - 2-4 p.m. July 22, Family talent show

SKIES Unlimited CLASSES

- Gymnastics:**
 - Infant and child, 5:15-5:45 p.m. Wednesdays or 4:15-4:30 p.m. Thursdays, 6:00 Chesnut Road gym, \$25 per month for children 18 months to 3 years.
 - Tumble Bugs, 3:15-4 p.m. Wednesday, 6:00 Chesnut Road gym, \$40 per month for those 3 to 5.
 - Tumble Kids 2, 8:45-9:15 a.m. Wednesday, Scates CDC Building, \$30 per month for 2-year-olds.
 - Tumble Kids 3, 9:30-10 a.m. Wednesday, Scates CDC Building, \$20 per month for 3-year-olds.
 - Tumble Kids 4, 10:15-10:45 a.m. Thursday, Scates CDC Building, \$20 per month for 4-year-olds.
 - Gymnastics 1 and 2 (beginner), 4-5 p.m. Wednesday or 5-6 p.m. Thursday, 6:00 Chesnut Road gym. Basic skills, poses, \$45 per month for those 5 to 8.
 - Gymnastics 3, 4-5 p.m. Thursday, 6:00 Chesnut Road gym. Core conditioning, muscle control, skills mastery, \$45 per month for those 9 to 18.
- Martial arts:**
 - Lili Kickers, 4:15-5 p.m. Fridays, 6:00 Chesnut Road gym. Children learn to concentrate, respect, control, \$25 per month for those ages 3 to 5. Uniform required.
 - Beginning karate, 4:15-5 p.m. Monday and 5:15-6:15 p.m. Friday, 6:00 Chesnut Road gym. \$50 per month for those 6 to 18. Uniform required.
 - Beginning Brazilian JiuJitsu, 6-6:45 p.m. Monday, 6:00 Chesnut Road gym, \$40 per month for those 6 to 18. Uniform required.

Music:

- Ballet/tap, 4:15-5 p.m. Tuesday, 6:00 Chesnut Road, \$45 per month for those 3 to 10.
- Drums, 5-5:40 p.m. Tuesday, 6:00 Chesnut Road, \$55 per month for those 7 to 18, plus a \$30 one-time fee.
- Guitar, 4:15-4:45 p.m. Tuesday, 6:00 Chesnut Road, \$55 per month for those 7 to 18.
- Hip-hop (dance), 5:15-6 p.m. Tuesday, 6:00 Chesnut Road, \$45 per month for those 5 to 10.
- Piano (private lessons), various times, Middle School Teen Center, 5975 Chesnut Road, \$60 monthly for those 5 to 16.

Sports:

- First Tee golf, various times, Fort Jackson Golf Course. Free to those ages 5 to 7.
- Smart Start summer camp, various dates and times, Middle School Teen Center/Building 3975 Chesnut Road, \$20 per month for those ages 3 to 5.
- Swimming (parent and child), 3296 Magruder Ave. (Knight Pool), various times Monday through Thursday. Basic skills, \$25 per month for those 6 months to 6 years.
- Swimming (beginner), 3296 Magruder Ave. (Knight Pool). Based on age, ability, \$35 per month for those 6 to 18.
- Swimming (intermediate), 3296 Magruder Ave. (Knight Pool), various sessions Monday through Thursday. Based on age, ability, \$40 per month for those 6 to 18.
- Tennis (beginner), 9:10 a.m. Saturday, Semmes Road tennis courts, \$70 per month for those 5 to 18.
- Tennis (intermediate), 7:40 a.m. Saturday, Semmes Road tennis courts, \$70 per month for those 5 to 18.

Also coming this summer:

- Basketball and speed camps, ages 7 to 18
- Cooking classes, ages 3 to 5, 5 to 13

Soccer and speed camp, ages 7 to 18
 Sports performance camps, ages 8 to 18
 Zumba, ages 6 to 18
 SKIES Unlimited is part of the Army's Division of Child, Youth & Sports Welfare. The program serves children and youth with classes that help them expand their horizons. "SKIES" is an acronym for "Schools of Knowledge, Inspiration, Exploration and Skills."
 All SKIES Unlimited instructors have undergone local and national background checks and training in CPR, first aid, safety and child-abuse awareness, reporting and documentation.
 Authorized users are dependents of active-duty military, Department of Defense civilian employees, National Guard, Reservists, employees of DOD contractors and retirees.
 For information on SKIES offerings, call 803-562-5915.

SPECIAL EVENTS

- **Pure Fishing Derby**
 9 a.m. to 1 p.m. June 6, Semmes Lake Recreation Area. A free day of fishing for kids and adults. Prize giveaways, free lunch, fishing clinics for kids. For information, call Mark Smyers at 875-18707.
- **Army Birthday 5K Fun Run/Walk**
 8-10 a.m. June 13, Semmes Lake. Late registration, 6:30-7:45 a.m. Race at 8 a.m. Pre-registration, Cindy Keene, 751-3096, or Mike Garcia, 751-3486.
 240th Army Birthday/Children's Army Birthday Celebration
 8-10 a.m. June 13, Hood Street Child Development Center, 4585 Hood St. Birthday activities including bounce house, weather permitting. Each child will receive a goodie bag. Cost \$20 for one child, \$18 for each additional child in the same family. All children must be registered at Parent Central Services before making a reservation. If your child has a special need, please call Cindy Keene at 751-3096. For information, contact Hood Street CDC at 751-1970. To sign up for the event, go to webtrac.mwr.army.mil/webtrac/jacksocnycms.html with your CY5 Services user name and password, or contact the Hood Street CDC at 751-1970. Cutoff date to sign up is June 11.
- **Soap Box Derby**
 10 a.m. to noon June 27, near Palmetto Falls Water Park. Open to all DOD ID cardholders. Free. For information, call Gary Taylor at 751-6299.
- **Support the Fort Fun Bike Ride**
 6:30-7:30 a.m. Field Sports Complex. Pre-registration, 6:30-7:30 a.m. Free to ID cardholders, registered cyclist with DBIDS card, \$50 for non-registered cyclist. For information, call Cindy Keene at 751-3096.
- **Fourth of July 5K Fun Run/Walk**
 10 a.m. to 2 p.m. July 25. Auto Craft Shop. Open to all ID cardholders. Free. For information or to register a vehicle, call Ken Fiechter at 751-5765 or Chuck Stouder at 751-0891.
- **Soldier Show**
 7 p.m. July 18, 7 p.m. July 19, Salomon Center. Open to all ID cardholders. Free. For information, call Gary Taylor at 751-1105.
- **Auto Craft Car and Bike Show**
 10 a.m. to 2 p.m. July 25, Auto Craft Shop. Open to all ID cardholders. Free. For information or to register a vehicle, call Ken Fiechter at 751-5765 or Chuck Stouder at 751-0891.
- **Fort Jackson Boxing Tournament**
 6-9 p.m. Aug. 1, Salomon Center. Free. For information, call Cindy Keene at 751-3096.
- **Lt. Dan Band Concert**
 7 p.m. Sept. 5, Jillion Field. Free. For information, call Gary Taylor at 751-1105.

SPORTS PROGRAMS

Children, Youth and School Services offers summer camp, as well as baseball, basketball, cheerleading, football, golf soccer, swimming, T-ball and tennis. For information on times, locations and fees, call 751-5040.



Semmes Lake

PLACES ON POST

- **Century Lanes**, 4464 Gregg St., offers bumper bowling for children. Call 751-6138 for information.
- **Knight Pool**, 3296 Magruder Ave., is a heated indoor pool also offers swimming lessons for children and adults. For information, call 751-4796.
- **Legion Pool**, 2761 Semmes Road, is an outdoor pool open to ID cardholders and their guests. For information, call 751-4987.
- **Marion Street Station**, 4522 Marion Ave., features a variety of classes, including martial arts, aerobics and kayaking. It also schedules class and trips year round. For information, call 751-3484.
- **Palmetto Falls Water Park** includes a 10,000-square-foot splashdown pool, a "lazy river," a 600-square-foot splashdown pool, a "lazy river," a spray park and a snack bar. Palmetto Falls is next to the Salomon Center. Park hours are 11 a.m. to 7 p.m. Tuesday through Saturday and 1-7 p.m. Sundays. Call 751-3381 for information on season passes.
- **Palmetto Greens miniature golf** is an 18-hole course next to the Salomon Center and Palmetto Falls Water Park. It features mini replicas of golf's famous holes and includes mini croquet, mini pool, mini sand traps. Call 751-4218 for information.
- **Twin Lakes**, off Semmes Road, is a scenic area with two lakes, a playground and a fishing pier. Call 751-3484 for information.
- **Weston Lake**, off Leesburg Road, offers family camping, fishing, mountain biking, trails, picnicking and more. Call 751-3484 for information.
- **Wildcat Skate Park**, behind the NCO Club, is open from dawn to dusk, and is designed for skate-boarders in-line skaters and BMX bikers. BMX bikes are allowed only on Tuesdays and Thursdays. Safety equipment is a must, as skaters skate at their own risk.

SUMMER SAFETY

Protect your pets during the dog days of summer

PET PROTECTION

In the summer, pets become more susceptible to skin and ear infections, as well as injury. But proper precautions — at home and on vacation — can keep your pet healthy and happy.

Fight the sun:

■ Use sun block to shield delicate skin. Apply it every three to four hours to the least hair-covered spots: bellies on dogs, and around eyes and ears on cats. Use products made for pets.

■ Keep coats long. Hair provides better circulation and helps regulate body temperature.

Get out and about:

■ Don't walk your dog during high heat and humidity — especially dogs with short snouts, who can't pant as efficiently in humid weather.

■ Never leave a pet in the car, even if you lower the windows.

■ If your dog shows signs of heat stress — heavy panting, dry or bright red gums, thick drool, vomiting, diarrhea or wobbly legs, move him to a cool place, drape a damp towel over him — and get him to the vet as soon as possible.

Be water wise:

■ Have your dog wear a brightly colored life vest in any body of water. Let her get used to it by wearing it in your yard first.

■ If your dog is caught by the tides, she can be swept out to sea in minutes. The same goes for rivers: Watch out for currents, even if they're not readily visible.

■ Be on the lookout in lakes, too. If your dog steps into a sinkhole, she might panic. Help her swim to a place where she can touch ground again. Avoid lakes and ponds with blue-green algae.

Keep pets bug free:

■ Hookworms and heartworms are more prevalent during the summer, so ask your vet for a prescription to keep parasites at bay.

■ Use pet-friendly insect repellents. Check with your vet to find one you like.

Make cookouts safer:

■ Don't use charcoal briquettes in case your dog filches meat from the grill. Briquettes can become stuck in a dog's stomach.

■ Don't share. Barbecue scraps and fatty leftovers can give your pup pancreatitis, causing severe abdominal pain or death. Corn on the cob and peach pits can lodge in a dog's intestines.

Source: *Prevention magazine*



File photo

Capt. Alicia O'Toole, chief of the Fort Jackson Veterinary Clinic, examines Tips, a 10-year-old dachshund, with the help of Pfc. Caitlin Mial, a veterinary technician,

Stay safe when holiday activities begin to heat up

FIREWORKS USE

It's tough to say "no" to shooting off your own backyard fireworks display on the Fourth of July — this is, after all, South Carolina, where fireworks stands abound. If you must indulge, take heed of the following tips from the federal Consumer Product Safety Commission:

■ Use fireworks as directed. Don't try to make your own by combining ingredients.

■ Don't drink alcohol while using fireworks.

■ Never let young children play with or ignite fireworks.

■ Avoid buying fireworks packaged in brown paper. Such items likely were produced for professional displays only.

■ Always supervise your children's use of fireworks. Even sparklers burn at about 2,000 degrees Fahrenheit — hot enough to melt some metals.

■ Do not place any part of your body directly over a firework when lighting the fuse, and back up a safe distance immediately after lighting fireworks. Ignite only one device at a time.

■ Never try to re-light or pick up fireworks that have not ignited fully.

■ Never point or throw fireworks at another person.

■ Keep a bucket of water or garden hose handy in case of fire or other mishap. Douse spent devices with water before discarding.

■ Never carry fireworks in your pocket or shoot them from metal or glass containers.

Source: *Army summer safety campaign*

PROTECTING YOUR EYES

Flying grit from off-roading or yard work, chemicals in pools, a sun that sears delicate tissues — summer is an obstacle course for your eyes. You still can have fun. Just make sure to protect yourself.

■ Wear decent sunglasses — and get some for the kids. Find glasses that protect against both UVB and UVA light. The label will tell you. Wear a hat and sunglasses anytime you stay out in the sun awhile.

■ Wear eye protection while working on home projects.

■ Protect your eyes while playing sports. Most sporting-goods stores sell plastic, molded shields or masks appropriate for different sports. (And yes, paintball is a sport.)

■ If you jump into a pool and your

eyes hurt, get out and don't go back in. (A mild stinging doesn't count.) Rinse your eyes immediately with clean water.

■ Don't wear your contacts in the pool. They can wash away when pool water gets between them and the eye. Also, untreated lake or pond water can cause infection.

Source: *Web MD*

COOKOUT SAFETY

Can't stand the heat? Get out of the kitchen and heat up the grill. Just be sure to use it safely:

Barbecue grills:

■ Never leave a barbecue grill unattended.

■ Place the grill well away from siding, deck railings and out from under eaves and overhanging branches. Don't use or store a grill on a porch.

■ Place the grill a safe distance from lawn games, play areas and foot traffic.

■ Keep children and pets away from the grill area. Establish 3-foot "kid-free zone" around the grill.

■ Put out several long-handled grilling tools to give the chef plenty of clearance from heat and flames.

■ Periodically remove grease or fat

buildup in trays below the grill.

■ Use only outdoors to prevent carbon-monoxide buildup.

Charcoal grills:

■ Buy the proper starter fluid. Store it out of reach of children and away from heat sources.

■ Never add charcoal starter fluid to burning coals or kindling, and never use any flammable liquid other than charcoal starter fluid to get the fire going.

■ Dispose of charcoal coals only after they have cooled. Empty the coals into a metal container with a tight-fitting lid used only to collect coals. Place the container away from anything that can burn.

UNEXPLODED ORDNANCE

Not everything on Fort Jackson is where it used to be, so it's not surprising that sometimes, people find unexploded ordnance in their backyards or other places. If you encounter an unexploded device, don't touch it or try to move it.

Call 751-7171 if you find the device on a range. If you find it anywhere else in the cantonment area, call the military police at 751-3115.

Got 10 minutes? Time for a little exercise

By JUSTINE SPRINGER

Program Evaluator, U.S. Army Public Health Command

We all know that physical activity and exercise help ensure overall health, but many people find themselves struggling to get the recommended amount of both into any given day.

Research has shown that taking 10,000 steps a day is the minimum necessary to maintain a healthy lifestyle. Many Americans, however, reach only 6,000 steps.

Some people complain that they can't find the time to exercise because of busy schedules and long workdays. Some find it difficult to find an extended period for physical activity.

The good news here is that small changes can make a big difference over time.

You don't have to cram all of your physical activity in one burst. Incorporating physical activity into your routine in shorter intervals, even a few 15- to 20-minute walks, is much more manageable and sustainable in the long term.

The U.S. Department of Agriculture, the American College of Sports Medicine and the American Heart Association have many suggestions on how to incorporate physical activity into daily life. Here are some quick suggestions:

- Take a walk during lunch or another break, or have a walking meeting instead of sitting in a conference room or colleague's office.

- Take a walk with the family after dinner.

- Walk the dog instead of just letting the dog out.

- Walk up and down the soccer or football field while your child plays.

- Play with your children by throwing a ball around or playing tag for 10 minutes.

- Park your car farther away from the office door.

Some people have converted their desks into standing work stations so they can alternate between sitting and



Photo by SGT. SEAN CALLAHAN, USARAK PUBLIC AFFAIRS

Staff Sgt. Brandon Beck, a squad leader assigned to the 472nd Military Police Company, Fort Wainwright, and his wife, Misty, do pushups together, slapping hands every time they push up.

standing.

To keep things interesting, vary your activities.

Try hiking or biking on a local trail. Join an exercise or yoga class. Work out to a video. Go on a skiing or snowboarding trip.

In the summer, take advantage of the local pool -- go swimming with the family or a friend. Play a sport. The

key is to pick activities interesting to you.

Remember, small changes add up. Any exercise is better than no exercise.

Aim for at least 10-minute bouts of exercise spread throughout the day. Smaller bouts may be more manageable, allowing you to take advantage of breaks in your busy schedule.

WORSHIP SCHEDULE

ANGLICAN/LITURGICAL

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

CHURCH OF CHRIST

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

ISLAMIC

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

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

JEWISH

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

LATTER-DAY SAINTS

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

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

PROTESTANT

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

ROMAN 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

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. (to the side of the POV lot), 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. (corner of Strom Thurmond Boulevard), 751-6469/6681
Memorial Chapel,
4470 Jackson Blvd., 751-7324
U.S. Army Chaplain Center and School,
10100 Lee Road
Warrior Chapel (120th AG Bn.), 1895 Washington St., 751-5086/7427



Fort Jackson Leader

Join us on Facebook. Visit www.facebook.com/fortjacksonleader and click "like."

Cloutier

Continued from Page 3

On Christmas Day 2005, Capt. Furat — of the Iraqi Tiger Battalion — had been shot 12 times and paralyzed by a group of insurgents. Though severely wounded, Furat fought off his attackers and in the process killed one of them. (The Iraqi Soldier's first name never was released publicly.)

Cloutier also understands how Soldiers must learn to adapt to challenges.

During a 2005 air assault, Soldiers in Cloutier's battalion found themselves having to switch from fighting the enemy to conducting humanitarian missions in the blink of an eye.

"A Soldier in Iraq has to be ready to fight one second and then transition to handing out leaflets, passing out candy, or just helping the local population," he said in an article released by the 42nd Infantry Division Public Affairs Office in 2005.

Several other sources spoke off the record, citing Cloutier's tenacity and determination.

Cloutier has an extensive military record that includes combat leadership as brigade and battalion commander in Iraq, and leadership positions such

as director, Army force management; commandant of the Army Force Management School; executive officer to the Supreme Commander, Europe; and deputy commander, maneuver, for the 3rd Infantry Division.

These stops along his military career reinforced his command style and philosophy. In January, Cloutier wrote in the Army Force Management School newsletter that his charges should "Remember to 'lift as you climb,' which means that when you achieve success in your craft that you should also 'lift' those that supported you to multiply success."

Cloutier, who will be promoted to major general in the near future, is no stranger to Fort Jackson and Columbia. He led nationwide listening sessions that sought out community feedback about local bases, among them Fort Jackson.

During his going-away address, Maj. Gen. Bradley Becker said the Fort Jackson community was "in even better hands" with Cloutier in command and predicted: "He is going to love Fort Jackson."

Cloutier said he and his Family "already feel like we're home" and are ready to "get after it."

The new Fort Jackson commander has been married to his wife, Diane, for 25 years and has three children, Haille, Roger III and Cameron.



Photo by WALLACE McBRIDE

From left, Brig. Gen. Roger Cloutier, commanding general of Fort Jackson, former commanding general Maj. Gen. Bradley Becker, and Maj. Gen. Ross Ridge, commander of the Center for Initial Military Training, talk following Friday's change of command ceremony.

HAPPENINGS

CALENDAR

Friday

Victory Thunder Motorcycle Rally

The rally will start at 9:30 a.m. at Semmes Lake and end at 2 p.m. at Thunder Tower Harley Davidson near Spears Creek Church Road and I-20. Lunch and educational activities will be provided. Soldiers and DOD civilians may participate. Each military rider must have a valid motorcycle safety card, and all riders must have Department of Transportation-approved helmets, as well as personal protective equipment.

Saturday

Pure Fishing Derby

9 a.m. to 1 p.m., Semmes Lake Recreation Area. Free event. For information, call 751-8707.

June 13

Army Birthday 5K Fun Run/Walk

6:30 a.m. registration, Twin Lakes Recreation Area. Free to ID card holders and dependents. For information, call 751-3486.

Army Birthday Ball

5-10 p.m., Columbia Metropolitan Convention Center. Cocktails at 5 p.m., followed by dinner, guest speaker and entertainment. Tickets, \$35 to \$50, available through unit representatives.

June 15

Hiring Our Heroes

Fort Jackson will host a Hiring Our Heroes job fair from 10 a.m. to 2 p.m. June 15, at the Solomon Center. The event will be open to veterans, active-duty military, guard and reserve members, and the spouses of active-duty Soldiers and veterans. A workshop focusing on resume-writing, tips for navigating hiring fairs, military skill translation and interviewing will start at 8:30 a.m. The U.S. Chamber of Commerce and Greater Columbia Chamber are event co-sponsors. Job seekers should register for the event at HiringOurHeroes.org/events.

June 16

Fort Jackson Sustainability Expo

9:30 a.m. to 1:30 p.m., NCO Club. Learn how to comply with Defense Department "green" regulations and directives. For information, contact tameria.m.warren.ctr@mail.mil or sgreenspan@fdaxpo.com.

June 21

Fathers' Day Brunch

11 a.m. to 1:30 p.m., Officers' Club, 3630 Semmes Road. \$14.95, members; \$19.95, nonmembers; \$6.95, children. Call 751-4906 for information.

June 23

Professional Mentorship Network luncheon

11:30 to 1 p.m., NCO Club. Lunch, \$10.50

per person. RSVP with Ms. Ferguson at bessie.b.ferguson.civ@mail.mil or 803-751-8187.

June 27

Natural Bodybuilding and Figure Competition

For information about getting into shape before the competition, call Pam Long at 751-3700.

July 28

Professional Mentorship Network Luncheon

11:30 to 1 p.m., NCO Club. Lunch is \$10.50 per person. RSVP with Ms. Ferguson at bessie.b.ferguson.civ@mail.mil or 803-751-8187.

Information is subject to change. Visit the community calendar at <http://jackson.armylive.dodlive.mil/> for a full listing of calendar events.

ANNOUNCEMENTS

PHOTO CONTEST

The Army & Air Force Exchange Service is commemorating the 50th anniversary of the Vietnam War with a photo contest to honor those who served. Through the Patriot Family Faces to Remember contest, Exchange shoppers are invited to share photos from their experiences in Vietnam for a chance at four GoPro prizes. The first-place winner will receive a Hero4 black camera valued at \$499, and the second-place winner will take home at Hero4 silver camera worth \$399. Two third-place prizes will be awarded — a Hero3+ silver camera valued at \$299. Through Friday, Exchange shoppers may send photos and brief descriptions to patriotfamily@aafes.com. Each entry must include a full name, mailing address, email address and telephone number. For additional information and instructions, visit www.shopmyexchange.com/patriot-family.

CIF CLOSURE

The Central Issue Facility will be closed for its semi-annual inventory June 15-19. Personnel scheduled to depart during that period must call CIF at 751-6524/2870/2739 to schedule an out-processing appointment as soon as possible. CIF will handle emergencies during that time. Emergencies do not include direct exchange, in-processing, routine transactions or out-processing. CIF will resume normal operations June 22.

BOSTON MARKET EMPLOYMENT

The Exchange is looking for food-service workers for Boston Market, which will open this summer. Wages start at \$8.61 an hour. To apply, visit applymyexchange.com.

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 785-2698.

THRIFT SHOP NEWS

■ The Thrift Shop is looking for employees ages 16-21 who would like to earn \$1,000 for a summer's worth of work. For information, call 787-2153.

■ Consignors are eligible for the Thrift Shop's layaway and credit program.

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

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. The "Savings Aisle" allows visitors to see every product on sale after selecting a specific store. Shoppers also may find advice and recipes under the "Healthy Living" tab.

■ The Commissary rewards card allows shoppers to use digital coupons at any commissary. For information, visit www.commissaries.com/rewards/index.cfm.

HOUSING

MAYORS NEEDED

The Mayoral Council is looking for volunteers to serve as mayors for the Fort Jackson housing communities. Being a 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. Free child care is available for those fulfilling mayoral duties. 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

All wading pools must be emptied and properly stored after use. The only pools permitted on post are small 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

HOUSING SEMINARS

The Fort Jackson Housing Services Office seeks suggestions for a series of housing seminars to be offered during the lunch hour, from 11:30 a.m. to 1 p.m., and/or after-duty hours — 6-8 p.m. Possible topics include homeownership, short sales, buying distressed properties,

selling your own house and home inspections, and will be geared for tenants and landlords. Contact usarmy.jackson.imcom-atlantic.mbx.fort-jackson-dpw-housing@mail.mil with ideas.

RECYCLING

Recycling pickup comes on Wednesday each week — only if residents put only recyclable items in the recycling bins.

BALFOUR BEATTY COMMUNITIES

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 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 cards after moving in, moving out or other interaction. Doing so makes one eligible for a \$100 monthly drawing.

SUBMISSION GUIDELINES

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.



Fort Jackson Leader

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