

THURSDAY, JUNE 25, 2015

THE FORT JACKSON LEADER

PUBLISHED FOR THE FORT JACKSON
COMMUNITY
WWW.FORTJACKSONLEADER.COM



HEALTHY OPTIONS

**SUMMER PROGRAMS PREPARE
TO BECOME NATIONAL EXAMPLES**

— PAGES 3

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ON THE COVER

Photo by CHRISTINE SCHWEICKERT

Caleb Capel, 9, chows down on a lightly buttered ear of corn at the Imboden School-Age Center on Tuesday. Menus at the center may change slightly to reflect a greater emphasis on fruits and vegetables.



Fort Jackson, South Carolina 29207

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For display advertising rates and information call 803-432-6157 or write Camden Media Company, P.O. Box 1137, Camden, S.C. 29020. For classified advertising information only: call 800-698-3514 or e-mail sbranham@chronicle-independent.com or fax 803-432-7609.

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

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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.

FRIDAY

Garrison change of command

9 a.m., Post Headquarters. Garrison commander Col. Michael Graese will relinquish command to Col. James W. Ellerson.

Story time

11 a.m., Thomas Lee Hall Library.

SATURDAY

Soap Box Derby

10 a.m. to noon, near Palmetto Falls Water Park. Open to all DOD cardholders. Free event.

Natural bodybuilding

6-8 p.m., Solomon Center. Preliminary judging at 11 a.m. Free.

Celebration of Ramadan

7 p.m., Main Post Chapel.

SUNDAY

Support the Fort Fun Ride

8 a.m., Hilton Field. Free to ID cardholders, Fort Jackson Cycling Club members. All riders must wear helmets and be at least 12 years old. The event will be held rain or shine. To register, visit www.fortjacksonmwr.com and click the registration link. Check-in registration, 6:30-7:30 a.m. the day of the ride.

MONDAY

3-34th change of command

9 a.m., Victory Field. Lt. Col. Scott E. Sonsalla will relinquish command of the 3rd Brigade, 34th Infantry Regiment to Lt. Col. Robert S. Perry.

TUESDAY

Story time

11 a.m., Thomas Lee Hall Library.

WEDNESDAY

Newcomer orientation

8 a.m. to 2 p.m., NCO Club. Mandatory for all Soldiers new to Fort Jackson. Information on resources available to Soldiers, Families. For information, call 751-1124/9770/5518.

JULY 2

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 play group

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 members. 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 members. Provide your own lunch. To register, call 751-6325.

Home-buying seminar

11 a.m. to 2 p.m., Post Conference Room. Learn about your credit score, home appraisals, making a down payment, paying taxes. Free and open to all ID card holders. To register, call 751-5788/9339.

JULY 3

Independence Day 5K fun run/walk

8 a.m., Hilton Field, Independence Day 5K fun run/walk, bike ride and duathlon. Participants may take part in one or both. Register at www.fortjacksonmwr.com.

fortjacksonmwr.com, or call 751-3096 for more information.

JULY 6

Child-safety awareness training

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

JULY 7

Healthy Relationships

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

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.

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.

Programs becoming national examples

By **CHRISTINE SCHWEICKERT**
Fort Jackson Leader

Two Fort Jackson summer day programs have joined eating and exercise researchers at the University of South Carolina to create healthier campers.

The Hood Street and Imboden school-age centers — and 18 other summer camps in the Midlands — will work to boost physical activity and reduce empty calories during the next four years. The aim is to make the centers examples for others throughout the nation.

“They may have some standards (already),” USC researcher Michael Beets said of the programs he will work with, but researchers will help center staff develop new standards that will cost very little to implement and pay big dividends in children’s health.

“There is not an initiative like this anywhere else,” said Beets, an assistant professor of exercise science and head of the Division of Health Aspects of Physical Activity at the Arnold School. “If it works here, it should work anywhere.

Both Fort Jackson programs are in their infancy. So far, all researchers have done is measure the heights and weights of summer campers.

Next month, USC researchers will visit again to study the centers’ food budgets, the snacks and meals they offer, and the exercise they provide. Within months, they will begin training center staff on how to implement healthier, low-cost changes in diet and exercise.

“Dealing with today’s children, exercising and eating right — that’s a big plus,” said Michele Edwards, director of the Hood Street center. Another plus, Edwards said, is that researchers are “actually educating the staff . . . , helping them to change how they exercise and eat as well.”

The program isn’t entirely new, although the source of financing is: the National Institutes of Health. Over the past three years, Beets has worked with other centers throughout the Midlands to implement standards that stress the consumption of more fruits and vegetables and promote more vigorous exercise, including the YMCA and Boys and Girls Clubs.

“This doesn’t take a lot of (monetary) investment,” he said — just careful planning and commitment.

During the next four years, USC researchers will examine the budgets and study their vendors to see whether they spend appropriate amounts on healthy foods: “Here’s the dollars that you’ve invested. Is it worth the money for the bang you get out of it?”

They will track the progress of children in the program: Are they becoming more active? Are they eating better?



HEALTHY STANDARDS

Researchers from the Arnold School of Public Health at the University of South Carolina will work with the Imboden and Hood Street after-school centers to implement revised standards that insure healthy eating and vigorous exercise. These are some of the existing standards the program will use as guidelines:

- Serve fruit or vegetables daily.
- Serve water as the primary beverage.
- Eliminate sugar-based drinks and food.
- Eliminate artificially flavored foods.
- Encourage staff to be role models of healthy eating.
- Educate children about healthy eating.
- Make sure every child has 30 minutes of physical activity daily (other than walking).
- Create an environment friendly to physical activity.
- Encourage staff to be role models for healthy activity.

Source: National AfterSchool Association

And they will teach center staff the “Let Us Play” standards developed by the national organization Policy to Practice in Youth Programs to emphasize changes that allow every child to participate in activities.

“We ask staff to get engaged because we know that’s one surefire way to get kids involved” with changing their lifestyles, said Beets, who has high hopes for Fort Jackson’s two centers.

“When you walk into a program where kids are well behaved and the staff is ‘on it,’” it’s easy to feel optimistic, Beets said — the Imboden and Hood Street centers are well run, and the staff is engaged.



Photo by CHRISTINE SCHWEICKERT

Tamia Kelly, 9, prepares her meal at the Imboden School-Age Center. As she passed through the line, Tamia asked for fruit — a healthy instinct and one that will be stressed in the coming months.

L Lines	E Elimination	T Team Size
U Uninvolved Staff	S Space	P L A Y

Researchers also will use the ‘Let Us Play’ standards developed by the national organization Policy to Practice in Youth Programs to inform their work at Fort Jackson:

- L:** Revise play so children don’t have to stand in LINES in order to participate in a game.
 - E:** Reduce the ways children can face ELIMINATION from a game and relegated to standing on the sidelines, watching.
 - T:** Reduce TEAM size so all children get a chance to play.
 - U:** Reduce the number of UNINVOLVED STAFF. Set a good example.
 - S:** Make sure you have the right kind of SPACE to encourage play.
- PLAY!**

Soldier lifts himself above competitors

By **ROBERT TIMMONS**
Fort Jackson Leader

Chocolate milk as the drink of champions?

It might sound odd, but a Fort Jackson “tactical” athlete says chocolate milk helped him earn the title “best in the world.”

Maj. Donald “Donny” Bigham of the Army Physical Fitness School claimed the title after taking the gold medal in the Master’s 193-kilogram weight class at the 2015 Classic World Men’s Powerlifting Competition earlier this month in Salo, Finland.

The father of two young men – Dillon, 24, and Derek, 21, – didn’t win just one gold medal at the games. He won three, including top squat and deadlift in his weight class. Overall, the native of Clinton, South Carolina, lifted a combined 1,657.31 pounds – roughly the weight of 222 M4 Carbines. His next-closest competitor lifted 165 pounds less.

In one event, Bigham squatted 596 pounds, or roughly three times his body weight. In an interesting dichotomy, Bigham also was the “lightest” guy in his weight class but lifted the most.

Getting to the world championships is no easy task. To earn a spot in the competition, a power lifter first must win at the national level.

Bigham, speaking with a gravelly voice smoothed by a soft Southern twang, said he was a firm believer in the benefits of low-fat chocolate milk because it has “8 grams of protein and 20 grams of carbs,” plus the calcium to keep bones strong. Of course, chocolate milk isn’t a magic bean that helped him win the gold – it was just part of a rigorous training program coupled with proper eating habits and expert knowledge of the human body.

Bigham, an infantry officer who holds bachelor’s and master’s degrees in kinesiology – the study of how the body moves – said the key for him was listening to what his body was saying. He would allow his body time to recover while he worked on proper techniques.

As the only active-duty Service member on the U.S. National Powerlifting Team, Bigham must balance the needs of the Army with his need to train. At times as a “tactical” athlete, he would get more cardiovascular exercise – such as running – than he could squeeze in gym time. “Tactical athlete” is a term used to describe those who have the mental and physical abilities to withstand the rigors of combat.

Winning the title also has affected his day-to-day dealings with Soldiers.

“He has a lot of credibility with Soldiers,” said Staff Sgt. John Wood, an infantryman and master fitness instructor. The students see Bigham as “someone who has book knowledge but who has experience as well.”

Bigham is almost robotic in the way he trains, Wood said.

“He doesn’t have a haphazard approach,” said Wood, a former drill sergeant. “He has experience and a science background – a scientific or robotic way he trains.”

Bigham’s training regimen includes different phases in which he works his body up to lifting heavier and heavier weights through controlled sets. He used this regimented approach in his pre-competition lift preparations.

He said he also would go through “the technical aspects, through my focus points, and let my heartbeat relatively slow” before attempting a lift. On any given day, he said, a lifter could experience a 1 percent to 3 percent difference in his overall lift.

Of the three events, Bigham most enjoys having the heavy bar across his back during a squat.

“It shocks your central nervous system,” he said. “It allows you to feel the total of that weight – unlike the bench press, where you don’t feel it until you are done with the (repetition).”

“I like the feeling of walking out (with the bar across his shoulders) and taking it to the full range of motion and push it through my glutes and quads as I take it all the way to the bottom. It’s very powerful.”

Bigham has translated his athletic success and knowledge into strength-based training programs being used by initial military training companies at Fort Benning, Georgia.

Maj. Donald ‘Donny’ Bigham stands tall atop the podium after being awarded the overall gold medal for his weight class at the 2015 Classic World Powerlifting Championships in Salo, Finland. To reach the world championships, a lifter first must win his country’s national competition.



Courtesy photo



Photo by **ROBERT TIMMONS**



Leader file photos

Garrison commander Col. Michael Graese, addresses delegates of the Fort Jackson Army Family Action Plan Conference in 2012 at the Solomon Center.

Graese to leave ‘challenging’ post, ‘amazing’ people

By WALLACE McBRIDE
Fort Jackson Leader

Col. Michael Graese will relinquish command of the U.S. Army Garrison-Fort Jackson on Friday, bringing an end to what he calls “the most challenging and rewarding assignment” of his career.

He anticipated many of the challenges, he said. Reductions in force had been a heated topic of discussion in Washington, D.C., long before Graese arrived at Fort Jackson in 2012. A government shutdown, changes in force-protection measures and the day-to-day supervision of life on a military installation also managed to keep life interesting, he said.

“Over the past three years, every single day has been totally unpredictable, and each day presented many opportunities to excel,” Graese said. “Coming into command, I understood the Army was preparing to reduce our overall force structure, but I couldn’t appreciate the full impact of the reduction of resources — people and money — on the installation.”

Graese said the U.S. Army Garrison staff rose to each occasion and had been “nothing short of amazing.”

“The Partners in Excellence on Fort Jackson have been similarly awesome to serve and serve with,” he said.

Rod Celestaine became command sergeant major of U.S. Army Garrison-Fort



Col. Michael Graese accepts the colors of the U.S. Army Garrison-Fort Jackson from Davis Tindoll Jr., director of IMCOM-Atlantic Region, during his change of command ceremony in 2012.

Jackson in August 2014. Before that promotion, Celestaine said, he had the chance to observe Graese in action as battalion command sergeant major of the 369th Adjutant General Battalion on post.

“I couldn’t wait to get over here to work with him,” Celestaine said. “You could tell he had an understanding of garrison operations and knew how to reach the people he was supporting.”

Graese’s dedication to Fort Jackson didn’t stop when the workday is over, Celestaine said.

“It’s the unseen things that he does, the personal sacrifices that he makes to stay on top of any of the garrison issues,” Celestaine said. “I’ve worked with a number of people, but I haven’t worked with many people that sincerely care about the job they’re doing — or the support they give to

Soldiers and their Families.”

Today, Fort Jackson looks quite a bit different from the way it did when Graese arrived. Obsolete buildings and structures have been demolished, Hilton Field — one of the post’s busiest destinations — received a facelift, and the post opened a 24-hour Child Development Center. All occurred under the guidance of the U.S. Army Garrison commander.

Graese won’t be here to see one of the post’s most historic changes come to pass, though. As garrison commander, he created a plan that included elements of the Army Training Center and U.S. Army Garrison Command in the post’s new command headquarters. Garrison command offices now are attached to the post headquarters building on Jackson Boulevard, a World War II-era structure scheduled for demolition as part of the relocation project.

Graese’s next stop is the Pentagon, where he will be executive officer to the assistant chief of staff for Installation Management for the Department of the Army.

“The (Columbia) community lives up to its mantra of the ‘most military-friendly city in America,’” Graese said, also speaking for his wife, Francie. “We have never felt so welcomed on such a scale as we have at Fort Jackson and in the surrounding community.”

Graese will relinquish command Friday to Col. James Ellerson during a 9 a.m. ceremony at Post Headquarters.



Photos by ROBERT TIMMONS

Staff Sgt. Harold Corey, an observer-controller and native of Constantinople, Va., provides guidance to Sgt. Jonathan Berta, a native of South Bend, Ind., and Sgt. Weston Reeves of Decatur, Ala., while planning a mission using a sand table. The Soldiers and others from the 17th Military Police Detachment conducted police raid training Friday at the Camp McCrady Training Center.

Soldiers, K-9s feel the heat in mock raid

By ROBERT TIMMONS
Fort Jackson Leader

"We have three in custody," the MP said as he watched a fellow officer prepare a handcuffed suspect for transportation to a detention facility.

The three arrests came after the 17th Military Police Detachment received a tip of possible narcotics in a building. A mother with a child surrendered without a struggle. A second suspect produced a handgun before being tackled, and a third tried to run but was taken down quickly by a police dog.

After securing the suspects, officers and their K-9 partners entered the building to search for drugs and other illicit materials.

"We received a tip there was narcotics in the house," said Spc. Brandon Meyer, with the 17th MP Detachment's Bravo Team. "After securing a search warrant, we raided it. We found narcotics and explosives we weren't expecting."

Once they had cleared the building, the Soldiers began the tedious process of cataloguing evidence collected during the raid.

The detainees were in handcuffs only a few minutes before being released to high-five their captors.

This was just a training exercise, of course. Police from Fort Jackson's 17th MPs were conducting raids Friday



Spc. Rudy Dorame, a military policeman and Yucaipa, Calif., native, peers around the corner, looking for any possible threats during the 17th MP Detachment's police raid training Friday at the Camp McCrady Training Center.

during quarterly training at the Camp McCrady Training Center.

Panting heavily while huddling in the shade, Segal, a 78-pound German shepherd, eagerly lapped water out of Meyer's hands. Segal and Meyer earlier had cleared the house to make sure other officers could enter safely to search it.

Segal was extremely happy even though it was hot, Meyer said. It was easy to tell his partner was in good spirits, he said, by seeing how tired he was. Every time Segal found drugs or explosives, he received a treat – a yellow ball he carried in his mouth like a trophy.

A second practice raid was to be a virtual carbon copy of the first, yet Meyer hoped Segal would get the chance to take down any runners. Unfortunately for the K-9 sergeant, he would have to wait until another day because a suspect bolted out the opposite side of the structure – to be apprehended by another police dog.

The exercise was the culmination of three months of training whose classes led to the sun-scorched raid, one Soldier said.

"Hands-on training is so much better," said Pfc. Christopher Stymiest, an MP who works at the Fort Jackson Department of Emergency Services' Physical Security Branch. "People can tell you something 100 times, but unless you do it yourself, you don't completely learn it."

See RAID: Page 22

CORRECTIONS

Last week, the Army released a list of military operation specialties newly opened to women. The list contained two errors: B9 (Bradley M2A3/M3A3 System Maintainer) and R7 (Army Reconnaissance) have been removed from the list and replaced with 2C (Javelin Gunnery) and 6B (Reconnaissance and Surveillance Leaders Course).

Below is the rewritten Directive 2015-27 (Expanding Positions for the Assignment of Enlisted Female Combat Engineer Soldiers):

The Department of the Army is opening military occupational specialty 12B, Enlisted Combat Engineer, and seven associated additional skill identifiers to women: B6 (Combat Engineer Heavy Truck), B9 (Bradley M2A3/M3A3 System Maintainer), D3 (Bradley Fighting Vehicle Operations and Maintenance), J3 (Bradley Infantry Fighting Vehicle (BIFV) System Master Gunner), K9 (Combat Engineer Mine Detection Dog Handler), R7 (Army Reconnaissance) and S4 (Sapper Leader).

This directive applies to all three Army

components.

This MOS was the only remaining MOS within the Engineer Career Management Field closed to women. By opening this MOS and the associated skill identifiers, the Army opens approximately 20,563 positions to women. Accordingly, this directive announces a limited modification to Army Regulation 600-13 and Department of the Army Pamphlet 611-21 to permit female Soldiers to attend training and, as a result, be awarded the MOS and respective additional skill identifiers, where appropriate.

Division and Corps G-1s, U.S. Army Human Resources Command, and brigade-level commanders and S-1s are responsible for executing the provisions of this directive.

2-98TH CHANGE OF COMMAND

Col. Jed Schaertl will command the 368th Forward Engineer Support Team in Decatur, Georgia, upon leaving Fort Jackson. Information in a June 18 story on the change of command contained incorrect information.

Warrant recruiters to visit Shaw

The Regional Warrant Officer Recruiting Team from Fort Bragg will be at Shaw Air Force Base on July 9 to brief Service members interested in becoming Army warrant officers. Briefings will take place at 9, 10:15

and 11:30 a.m. in room 130-A, Spratt Education Center, 398 Shaw Drive. Interested parties must attend only one briefing.

For more information, visit www.usarec.army.mil/hq/warrant.

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



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

Guard teaches chaplains to survive in battle

By SGT. 1ST CLASS BRIAN HAMILTON
108th Training Command, Initial Entry Training

In April 1775, a New England cleric named William Emerson ministered to the minutemen at the Battle of Concord on the North Bridge, becoming the first chaplain of the Revolutionary War.

A few months later, on July 29, the Continental Congress formally recognized the Chaplain Corps.

Two hundred forty years later, more than 3,000 Army chaplains representing 140 religious organizations serve as religious leaders to Soldiers and their families, in peacetime and in combat.

Though their role as chaplain distinguishes them from other Soldiers, nearly 300 members of the centuries-old corps have lost their lives in combat.

"If they are not well versed on their Army Warrior Tasks, (chaplains) become a liability on the battlefield, and someone else is going to have to take care of them," said Maj. Andrew Lawrence, course manager of the Chaplain Basic Officer Leaders Course, U.S. Army Chaplain Center and School.

"That takes combat power away from the very unit they are supposed to serve. Chaplains simply cannot be a liability on the battlefield."

So, Lawrence said, the basic officers' course is "about survivability."

See **CHAPLAINS:** Page 22



PHOTO BY SGT. 1ST CLASS BRIAN HAMILTON

Officers in the Chaplain's Basic Officer Leaders Course put their faith in their protective gear in the CBRN chamber. Chaplains must understand war in order to be of most help to troops.



Photo by 2ND LT. JUSTIN ZAGARELLA

The South Carolina Army National Guard Marksmanship Training Unit provided support to weapons qualification drills at Fort Jackson in May.

MTU responds to Soldiers' needs

1ST LT. JESSICA DONNELLY
151st Expeditionary Signal Battalion

Extensive planning and movement goes into implementing a drill weekend at the range, conducting individual weapons qualifications. One unit can help ensure this training is executed as effectively as possible – the S.C. Army National Guard Marksmanship Training Unit.

The MTU typically aids S.C. National Guard Soldiers on the ranges at Fort Jackson, but they also have

traveled to forts Gordon and Stewart in Georgia to provide preliminary marksmanship instruction, says Staff Sgt. Mark Bratcher, MTU marksmanship instructor.

"We try to provide all the support we can for the S.C. National Guard," Bratcher said.

That can make for a busy schedule.

Because the battalion provides support for any S.C. Guard unit that requests it, schedule allowing, the unit has to move fast. Some months, it may work every weekend, supporting units about to be deployed.

See **SHOT:** Page 22

Emergency services promote safety

By SGT. 1ST CLASS JOE CASHION
108th Public Affairs Detachment, S.C. National Guard

Inspired by the International Fire and Emergency Medical Services' annual Safety and Health Week, Fire and Emergency services at the S.C. National Guard's McCrady Training Center held an event of their own last week.

Under the theme "Create a Culture of Safety," personnel were encouraged to focus all non-emergency activity on health-safety and education. Kevin Powers, fire inspector at MTC, coordinated the event.

"I did the entire planning and, believe me, it wasn't easy at first," he said. "But once we got the ball rolling and other agencies got on board with us, it all fell into place."

One of those agencies, for example, was the S.C. Forestry Commission, which displayed a bulldozer used to fight fires. Representatives also taught a class in tactics.

"They explained to us how they operate, what their procedures are and (how) to coordinate with us in the event we have to work together in an emergency situation," said Powers, who explained the benefits of other agencies' working with McCrady Fire and EMS.

"It helps educate us and those basewide on better techniques and procedures," Powers said. "It also helps build a camaraderie with other agencies to help each of us work together better in the event of an emergency."

See **SAFETY:** Page 22

Got a problem? Talk to a peer who's been there

By **TERRI MOON CRONK**
DOD News, Defense Media Activity

WASHINGTON — Military OneSource now offers a “peer-to-peer” consultation service to support and connect Service members and their Families with professionals who understand the military life.

The unique life of the military — deployments, relocations and frequent transitions — makes it essential that Service members can talk to people with similar experiences, said Air Force Lt. Col. Tammy S. Hinkston, director of the Defense Department’s non-medical counseling office in personnel and readiness.

“Service members and their spouses want to talk with others who are military and understand them,” Hinkston said.

Peer consultants are available to those who call 800-342-9647, she said. *MilitaryOneSource.mil* will consider adding other methods of delivery as the program grows, she said.

Consultants are military retirees, reservists, Guardsmen, spouses and separating Service members, all of whom have trained in best-support practices at the Defense Centers of Excellence.

Because the consultants work around the clock, callers never will reach an answering service, Hinkston said: “You’ll

PEER-TO-PEER COUNSELING

Active-duty Service members, Guardsmen, reservists and Family members may call for a peer consultant at 800-342-9647.

talk to a live person every time you call,” she said.

Active-duty Service members, Guardsmen, reservists — regardless of activation status — and Family members may call the service.

Veterans who have been separated from military service for as many as 180 days also are eligible, Hinkston said. If a veteran called after the 180-day cutoff, “we will give them a warm handoff to (the Department of Veterans Affairs) and connect them to the support they require there,” she said.

“Although we’re not a crisis line, if someone calls in crisis, safety is our No. 1 priority,” Hinkston said. “We will never turn away a person in crisis but will use all the resources at our disposal to ensure callers get the help they need.”

The peer consultant’s goal is to help military people deal with stress, “before the stressors get out of control,” she said. “It’s preventive maintenance for your mental health.”



TRICARE beneficiaries can seek health-care advice and make same-day appointments for urgent health problems 24 hours a day with the Nurse Advice Line. The advice line, available free to beneficiaries, helps callers make informed decisions about their own care or decide when to see a provider after answering a series of questions about their specific concerns.

To reach the Nurse Advice Line, call 1-800-TRICARE (1-800-874-2273) toll free and choose option 1. The line is accessible all day, every day to those in the Continental United States, Alaska and Hawaii.

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

Simulating the Army experience



Alexander Harris, training and simulation development specialist, coaches JROTC cadets Friday at the 187th Ordnance Battalion/369th Adjutant General Battalion Simulation Center on Fort Jackson. The center uses computer programs and video game console controllers to help Soldiers understand how an Army rifle range works before they reach the firing line the first time. 'This is set up the same as a range and helps Soldiers get the right sight picture,' said Dwight J. Dallman Jr., principal trainer at the facility. One cadet — Erik Burnette of Garner High School in Garner, N.C. — quickly took to the program even though he had little experience with gaming. He qualified as an 'expert' by hitting 36 of 40 targets. The cadets were attending the second of two weeklong summer camps.



Photos by ROBERT TIMMONS

Cadets march off the field during pass and review at JROTC Leadership Camp graduation Thursday. Cadets completed many tasks during their weeklong stay, including navigating the Fit to Win course, rappelling off Victory Tower and drown-proofing.

Saluting this BCT cycle's honorees

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



Staff Sgt. Hana Moorscaudle
C Company
1st Battalion,
13th Infantry Regiment

HONOR GRADUATE OF THE CYCLE

Pvt. Claire Burns

STUDENT LEADER OF THE CYCLE

Pvt. David Faris

HIGH APFT SCORE

Sgt. Cody Blalock

HIGH BRM

Pvt. Deshawn Cannon



Staff Sgt. Willie Best
D Company
1st Battalion,
13th Infantry Regiment

HONOR GRADUATE OF THE CYCLE

Pvt. Paige Blackcloud

STUDENT LEADER OF THE CYCLE

Pvt. Aaron D. Werner

HIGH APFT SCORE

Pvt. Alfred Taitano

HIGH BRM

Pvt. Alfred Taitano

Weekly Honors



CADRE OF THE CYCLE FOR CLASS 16

Sgt. 1st Class

Bradley Kelso

Bravo Company

187th Ordnance Battalion



INSTRUCTOR OF THE CYCLE FOR CLASS 16

Staff Sgt.

John Keeve

Bravo Company

187th Ordnance Battalion

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COMMUNITY SNAPSHOTS



Photo by DAVID SHANES

From Guam to the 120th

Maj. Charles Eckstrom of the 120th Adjutant General Battalion escorts U.S. Rep. Madeleine Bordallo of Guam on a tour of the battalion facilities on Friday. Later, Bordallo ate in the dining facility. She was on post to speak at a Guam liberation day celebration.



Summer Scouts

Members of Fort Jackson's Boy Scout Troop 89 spent the past week camping, working on rank requirements and earning merit badges.

Courtesy photo



Youth of the Month

Fort Jackson Boys and Girls Club Youth of the Month for June is Enrico James, 16 and a student at Richland Northeast High School. Enrico was selected because of his excellent customer service with the Teen Hire program and his long-term commitment and dedication to the teen center.

Courtesy photo

Teens get chance to learn resilience

By **CHRISTINE SCHWEICKERT**
Fort Jackson Leader

Teens will be the last group on Fort Jackson to be able to undergo resilience training when a team from Fort Bragg comes to post July 8.

The training will include information on budget planning, goal setting and resilience in the face of crises and transitions. Fort Jackson offers such training to Soldiers at all levels, as well as to Spouses. But its trainers have yet to be able to train teens – security demands have kept them from doing so.

“Everybody gets it,” said Col. Milford Beagle, commander of the 193rd Infantry Brigade. “We even have it for the (Basic Combat) trainees. One area we’re not teaching is the teens.”

Which is what has led Beagle to ask post resiliency trainers: Why not?

Treva Anderson is lead master resilience trainer and performance expert at Fort Jackson’s Comprehensive Soldier and Family Fitness Training Center. She and other staff members have submitted the abundant materials the Army requires for those seeking clearance to work with teens and have been waiting for months to hear the results.

“We’ve been in a pickle for almost a year,” said Anderson, who has the training but not the clearance to teach resilience courses for teens.

That’s why trainers from the Army’s Civil Affairs and Psychological Operations Command (Airborne) at Fort Bragg will conduct the July 8 course: They have all the requisite clearances.

Commanders on Fort Jackson “recognize that their kids could use some assistance” in building “mental toughness,” Anderson said. Several, including Beagle, have asked that such classes be taught on post.

Anderson hopes her own clearance comes by early fall. When it does, she and other members of the training center staff are likely to offer resilience courses to teens at least two or three times yearly – perhaps quarterly, if demand is high.

That would be good news for Beagle.

“I think it means a lot to the parents” who have worked to teach teens life lessons and wondered whether their children have paid attention, said Beagle, the father of a 20- and 15-year-old. “When somebody else does it, (lessons) stick a lot better.”

If teens hear something parents have said and then attend training, “you’ve got one more layer of confirmation. (They say), ‘OK, I’ve heard it twice. Must be something to it.’”



TEEN RESILIENCE TRAINING will be offered 9 a.m. to 3 p.m. July 8 at Fort Jackson. The course is aimed at helping military teens manage stress, solve problems, stay healthy and remain flexible. Teens 13 to 18 may mail completed forms – parental consent and Child, Youth and School Services Day Program Registration – to usarmy.usarc.usacapoc.mbx.familyprograms@mail.mil by July 3. For more information, call the Family Programs Office at Fort Bragg at 910-396-8562.

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/dominos 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 Ceremony, 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.

RECURRING MEETINGS

FAMILY

Fort Jackson Homeschoolers, second and fourth Tuesdays. For time and location, call 803-419-0760, or email johnlazzi@yahoo.com.

HEALTH & FITNESS

MEDPROS training, 1-4 p.m. third Friday, Room 9-83, Moncrief Army Community Hospital. For information, email Erica.Aikens@amedd.army.mil.

MILITARY

Disabled American Veterans, 92nd Buffalo Chapter 20, 11 a.m. third Saturday (except July and August), DAV Headquarters, 511 Violet St., West Columbia. For information, call 803-260-1067.

Adjutant General's Corps Regimental Association, Carolina Chapter, 11:30 a.m. to 1 p.m. second Friday, NCO Club. For information, call 751-8347.

American Legion Post 182, 6 p.m. first Tuesday, Officers' Club. For information, call 803-351-2333.

American Legion Louis D. Simmons Post 215, 5 p.m. fourth Sunday, 2432 Chappelle St. For information, call 803-765-0175.

Columbia Composite Squadron, Civil Air Patrol, 6:30 p.m. Mondays, main conference room, Owens Field. For information, contact Tom.Alsup@gmail.com or www.scwv.cap.gov.

Fleet Reserve Association Branch and Unit 202, 12:30 p.m. third Tuesday, 2620 Lee Road. For information, call 803-647-0040 or email turner6516@gmail.com.

Ladies Auxiliary, Louis D. Simmons Post 215, 3 p.m. fourth Sunday, 2432 Chappelle St. For information, call 803-765-0175.

Ladies Auxiliary, Veterans of Foreign Wars Post 641, 2 p.m. second Sunday, 534 S. Beltline Blvd. For information, call 803-782-5943/0148.

Ladies Auxiliary, VFW Post 4262, 5 p.m. second Sunday, 5821 North Main St. For information, call 803-754-1614.

Military Chaplains Association, S.C. Chapter, noon second Tuesday, NCO Club. For information, call 751-7316 or email samuel.j.boone.civ@mail.mil.

Purple Heart No. 402, 7 p.m. fourth Tuesday, American Legion Post 6, 200 Pickens St. For information, call 803-351-2333.

Range-control briefing, 1 p.m. Fridays, Room 302,

Education Center. For information, call 751-7171.

Retired Enlisted Association, 5:30 p.m. third Friday, third floor, Moncrief Army Community. For information, call 803-740-2319 or email jrodgers11@sc.rr.com.

Retired Military Police Association, 9:30 a.m. second Saturday, Golden Corral, 5300 Forest Dr. For information, call 803-438-2090, 803-776-4401 or 864-634-7360.

The Rocks Inc., James Webster Smith Chapter, 6 p.m. third Tuesday, Post Conference Room.

Seabees, 7 p.m. second Monday, West Metro Chamber of Commerce and Visitors Center. For information, call 803-755-7792/0300.

Sergeant Audie Murphy Club Association, noon first Tuesday, NCO Club. For information, visit www.facebook.com/FJSAMCA.

Sergeant Audie Murphy Club Association study hall, noon Thursdays, NCO Academy conference room. For information, visit www.facebook.com/FJSAMCA.

Sergeants Major Association, 4:30 p.m. last working Thursday of the month, Magruder's Pub. For information, call 803-338-1904

Society of American Military Engineers, 11:30 a.m. fourth Thursday. For information, call 803-254-0518 or 803-765-0320.

Swampfox Warrant Officer Association, 11:30 a.m. to 12:45 p.m. first Thursday, Officers' Club. For information, visit fortjacksonwoa@yahoo.com

Veterans of Foreign Wars, Gandy-Griffin Post 4262, 7 p.m. third Tuesday, 5821 N. Main St. For information, call 803-754-1614 or 803-447-2320.

Veterans of Foreign Wars, Post 641, 7:30 p.m. second Monday, 534 S. Beltline Blvd. For information, call 803-782-5943/0148.

Vietnam Veterans of America, Chapter 303, 7 p.m. third Tuesday, American Legion Post 6, 200 Pickens St. For information, call 803-312-4895.

PROFESSIONAL

National Federation of Federal Employees, 11:30 a.m., second Tuesday, first floor, 4200 Sumter Road. For information, call 751-2622.

National Active and Retired Federal Employees, Chapter 87, 11:30 a.m. second Friday, Seawell's, 1125 Rosewood Dr. For information, email kathrynhensley@hotmail.com or gillintine1c803@aol.com.

Professional Mentorship Network (for women),

Meeting notices run once monthly. If you wish your meeting to be published in the Fort Jackson Leader, send information on the time, date and place the meeting will occur to FJLeader@gmail.com. If you have a question, call 751-7045.

11:30 a.m. to 1 p.m. fourth Tuesday, NCO Club. For information, call 751-8187.

SOCIAL

American Legion Riders Motorcycle Group, 7 p.m. third Thursday, American Legion Post 6, 200 Pickens St. For information, call 803-360-3830.

Better Opportunities for Single Soldiers, 11:45 a.m. to 12:45 a.m. first and third Wednesdays, Single Soldier Complex, Building 2447. For information, call 751-1148.

Combat Vets Motorcycle Association, noon third Sunday. For information, call 774-451-7504, email armyaguiar@yahoo.com or visit www.combatvet.org.

Victory Riders Motorcycle Club, 5 p.m. first and third Thursdays, Magruder's Pub. For information, email sec@fjvictoryriders.com.

SPORTS

Fort Jackson Bass Club, 7 p.m. first Monday, Joe E. Mann Center. For information, visit www.jacksonanglers.com.

SUPPORT

Alcoholics Anonymous open meeting, 9 a.m. Mondays, Wednesdays and Fridays, 9810 Lee Road. For information, call 751-6597.

Gold Star Wives, Palmetto Chapter, 3 p.m. second Sunday, third-floor conference room, Moncrief Army Community Hospital. For information, call 803-695-5345.

Helping Everyone Reach Optimum Strength (for combat veterans and their families), 5-6 p.m. Tuesdays, seventh floor, Moncrief Army Community Hospital. Open to combat veterans, family members.

Weight-Loss Surgery Support Group, noon, second and fourth Mondays, Weight Management Center, 180 Laurel St.; 6:30 p.m. second Monday, ground level, meeting room 2. Palmetto Health Baptist Breast Health Center, 1501 Sumter St.

WORSHIP SCHEDULE

ANGLICAN/LITURGICAL

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

CATHOLIC

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

Monday through Thursday, first Friday

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

Wednesday

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

CHURCH OF CHRIST

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

ISLAMIC

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

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

Post Chapel

JEWISH

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

LATTER-DAY SAINTS

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

Wednesday

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

PROTESTANT

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

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 4, at the Main Post

Chapel

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

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

Chaplains

Continued from Page 9

Survivability has become the focus of all Army chaplain candidates entering the Basic Officer Leaders Course at Fort Jackson. In order to train chaplains in those necessary skills, the Army relies heavily on the Army Reserve's 104th Training Division (Leader Training).

Since 1999, the Soldiers of the 3rd Battalion, 313th Infantry Regiment, 104th Training Division, have instructed warrior tasks and survivability in each chaplaincy class. Tasks include day and night land navigation; communications; defense against chemical, biological, radiological and nuclear weapons; and movement under fire.

"By teaching these things, it gives the chaplain an understanding of what we, as infantry Soldiers in a combat situation, are doing," said Staff Sgt. Jim Ott, Bravo Company, 3rd Battalion, 313th Infantry Regiment, 104th Training Division. "In turn, it helps them understand what they need to do in order to protect themselves.

"This also takes some of the pressure off the chaplain assistant."

During peacetime, the chaplain assistant helps coordinate and synchronize religious activities and provides religious support operations. During combat, the assistant shifts from an administrator to a combatant whose primary responsibility is to protect the chaplain.

"Typically in combat, my job is to place the chaplain in a position where I can protect and defend him or her," said Staff Sgt. John Cushman, USACCS chaplain assistant and former Army Reserve Soldier.

"Every chaplain here is a new chaplain, whether they have prior military experience or not," Cushman said. "It can be a challenge transitioning from a combatant to a non-combatant."

Chaplain candidate 1st Lt. John Craber, 108th Training Command, agreed that "chaplains need to be with Soldiers. If the Soldier is down there getting muddy, then we need to be right there with them getting muddy.

"Performing this training gives us an idea of what we can expect to go through when we get out there in the field."

Shot

Continued from Page 9

On the range, the MTU provides instruction on the line, identifying and correcting issues the Soldiers may have while firing. Such supports helps Soldiers meet qualifications, even if they need more individual instructions.

"Our unit is passionate about our job as instructors, and we all enjoy helping Soldiers achieve their personal goals," Bratcher says.

Unit members compete nationwide in pistol, rifle and combat matches. Some are sniper qualified or have been awarded the prestigious President's Hundred Tab. These distinctions allow unit members to demonstrate their credibility as marksmanship instructors and afford them the opportunity to practice what they preach, Bratcher says.

Recently, the MTU provided support to the 228th Theater Tactical Signal Brigade and 151st Expeditionary Signal Battalion with individual weapons qualification at Fort Jackson.

"They were out here with us all weekend, and the training they provided was essential to the units qualifying," said Staff Sgt. Michael Coffey, Headquarters and Headquarters Company, 151st Expeditionary Signal Battalion readiness non-commissioned officer.



Photo by SGT. 1ST CLASS JOE CASHION

South Carolina LifeNet paramedic Jeff Chapman (center) gives a class on landing zone safety to firefighters and EMS responders stationed at the S.C. National Guard's McCrady Training Center during MTC's first-ever Safety and Health Week June 17 in Eastover, S.C.

Safety

Continued from Page 9

Other classes offered the week of June 15-19 included workplace safety, fire extinguisher use, physical fitness, driver-safety training and LifeNet of South Carolina landing zone safety.

"Creating a culture of safety will

result in fewer fatalities, injuries and illnesses, resulting in a stronger, more resilient fire and emergency service," said chairman Philip C. Stittsburg of the National Volunteer Fire Council. "Together, we can achieve culture change and reduce the risks our responders face."

It's no secret that emergency response is a dangerous job. According to the National Fire Protection Association, nearly 100 firefighters died

in the line of duty in 2013, and more than 65,000 were injured. Studies have shown that firefighters also are at increased risk of heart disease, cancer and behavioral health issues such as PTSD.

Despite the daunting task of coordinating the inaugural event at MTC, Powers said he already was looking toward the future.

"We plan on doing this every year," he said.



Photo by ROBERT TIMMONS

Sgt. Segal, a K-9 officer with Fort Jackson's 17th Military Police Detachment, receives his toy as a reward for finding drugs and weapons as part of training at Camp McCrady.

Raid

Continued from Page 7

Even after all the training classes, the Soldiers took time to review the raid for mistakes.

"We usually would go through the scenario three or four times," said Sgt. 1st Class Jason Endres, the detachment's top enlisted Soldier. "But it is way too hot."

Between the two iterations of the training that day, the canines relaxed in an air-conditioned trailer built for dogs while the Soldiers gathered to critique their performances and eat grilled hot dogs and burgers.

It's not every day that the 17th trains with all its sub-organizations and the canines, Endres said.

"The dogs are really regulated as to how long they can be out here – how long they can work and what the temperature

is," he said as sweat glistened on his brow.

When it's hot, the dogs can keep cool in the special trailer built to keep their temperatures down. The trailer has a central air-conditioning unit surrounded by compartments where the animals can be housed.

The MPs trained hard, even though the chances for them to conduct a real-time raid on Fort Jackson is slim, their commander said.

"Fort Jackson is a fairly small and quiet installation," said Capt. Jeremiah Hunt, the detachment commander. "This is due, in some part, to its low permanent-party population."

If a raid occurred, it probably would be conducted by an outside organization with MPs providing support.

"I would be surprised to see this mission only facilitated by our (Directorate of Emergency Services) but would hope, if it occurred, we would be ready execute," he said.

HAPPENINGS

ANNOUNCEMENTS

CHILDREN AND YOUTH

■ All children and youth enrolled in Child, Youth and School Services summer programs are eligible to 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.

■ From 9-11 a.m. Mondays, Tuesdays, Wednesdays and Fridays in June, children are invited to participate in fun, games, and arts and crafts at the SKIES Unlimited Center, 6100 Chesnut Road. Children younger than 6 should be accompanied by an adult. For information, call 751-5869.

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.

■ 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.

To ask for more information, call Pierce Terrace at 803-782-1772 or Pinckney at 803-787-6815.

THRIFT SHOP NEWS

■ The Thrift Shop will be closed the first two weeks of July and will reopen on Tuesday, July 14.

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

EXCHANGE AND COMMISSARY

■ LastPass, an Internet company that offers a way to manage passwords centrally, has disclosed a data breach in which e-mail addresses, password reminders and encrypted password hashes (digital fingerprint) were accessed. Army & Air Force Exchange Service shoppers who store information for shopmyexchange.com and MyECP.com accounts through LastPass should change their passwords for these accounts.

■ The Army & Air Force Exchange Service, Marvel and Hasbro are giving military shoppers the opportunity to tell their stories for a chance at \$2,500 in prizes with the "Who's My Marvel Superhero and Why?" contest. Through July 2, each Exchange shopper may submit an essay explaining which Marvel superhero his or her real-life hero is most like and why. An essay of 75 words or fewer – accompanied by a photo – may be sent to sweepstakes@aaafes.com. Five contestants worldwide each will win a \$500 Exchange gift card. No purchase is necessary to enter. Contest winners will be announced on or about July 17.

■ The Department of Defense and Fort Jackson Commissary are collecting donations for the Feds Feed Families drive to support federal employees in need. Donors may give contribute any kind of nonperishable food but are asked to contribute the following staples, if possible: canned fruits (in light syrup or natural juice), canned vegetables (low sodium, no salt added), multigrained cereals (Cheerios, corn flakes, Grape Nuts, Wheaties), grains (brown and white rice, oatmeal, bulgur wheat, quinoa, couscous, macaroni and cheese), canned proteins (tuna, salmon, chicken, peanut butter or beans), soups (beef stew, chili, chicken noodle, turkey and rice), 100 percent juice (all sizes, including juice boxes), condiments (tomato-based sauces, light soy sauce, ketchup, mustard, salad dressing, oils), snacks (individually packed snacks, crackers, trail mix, dried fruit, granola or cereal bars, pretzels, sandwich crackers), baking goods (flour, sugar, baking powder, baking soda, spices, boxed mixes), hygiene items (diapers, deodorant, feminine products, toilet paper, facial tissue, soap, toothpaste, shampoo), paper products and other household items (paper towels, napkins, cleaning supplies).

■ 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.

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 Eric at the golf course,

Reel Time Theaters

Fort Jackson Movie Schedule

3319 Jackson Blvd. PHONE: 803-751-7488

Friday

"Pitch Perfect 2" (PG-13), 7 p.m.

Saturday

"Pitch Perfect 2" (PG-13), 2 p.m.

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

Sunday

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

"Mad Max: Fury Road" (R), 4:30 p.m.

p.m.

Tuesday, June 30

"Tomorrowland" (PG), 2:30 p.m.

"Pitch Perfect 2" (PG-13), 4:45 p.m.

p.m.

Friday, July 3

"Tomorrowland" (PG), 7 p.m.

Saturday, July 4

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

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

Sunday, July 5

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

"Tomorrowland" (PG), 4:30 p.m.

Wednesday, July 8

"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

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

"Entourage" (R), 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.

"San Andreas" (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.

803-787-4437, or the sports office at 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 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.

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.