

THURSDAY, JUNE 7, 2012

THE FORT JACKSON LEADER

PUBLISHED FOR THE FORT JACKSON/COLUMBIA, S.C. COM
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TOP COPS

MILITARY, CIVILIAN POLICE TEST
THEIR METTLE AT FORT JACKSON

PAGE 10

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COMMANDER'S CALL

Army Birthday a reason to celebrate for all

Post to celebrate birthday with ball, ball game

For a new team member on post, it doesn't take very long to notice the chemistry between Fort Jackson and our neighboring communities and the great relationship we enjoy. I think I figured that out in the first couple of minutes after arriving here. Fort Jackson and its surrounding communities know how to harmonize.

Nearly every week an event takes place that exemplifies and further strengthens the tight-knit community spirit. This past week, we hosted a top cop competition, which invited police officers from Richland and Lexington counties as well as the City of Columbia, to participate in a law enforcement officer competition alongside their military counterparts.

This coming weekend, a few thousand of our Soldiers will pack the stands of Capital City Stadium and take in a baseball game as the guests of Fort Jackson Military Appreciation Night. This is the fifth year in a row our Soldiers have been treated to a Columbia Blowfish game. This is another great opportunity for our Soldiers to interact with the community and fans and enjoy one of the many activities our communities have to offer.

The following weekend, we will hold the Army Ball in the heart of Columbia at the Metropolitan Convention Center. The June 16 ball is part of our Army Birthday celebration events.

It is open to everyone — military, civilian employees, Families and members of the community — YOU!

We will be marking 237 years of the United States Army's existence and celebrating alongside our neighbors. It doesn't get much better than that — HOOAH!

When military installations and their nearby communities have a strong and powerful relationship, such as the one we enjoy here, only positive things grow from it. The type of hospitality found here stems from the residual effect of thousands of Soldiers and Families who choose to make their homes in the local area and actively participate in schools, churches and civic organizations. Many of our Soldier-students also volunteer their time and energy to many of the city's charitable activities.

Many former Fort Jackson Soldiers liked it here so much they stayed — or returned here — after they retired. The mutually beneficial relationship between the post and the city has grown stronger over time and will

continue! This is exactly what our leaders were envisioning when the Armywide commitment of the Community Covenant was forged in 2008. The intent was to foster effective state and local partnerships to improve the quality of life for military members and their Families.

The strong ties that exist between us and our surrounding communities epitomize that objective and we all benefit from them.

As long as I am in command here, I can assure you that Fort Jackson will continue to build on the relationship between the post and surrounding communities.

We are all members of "Team Jackson."

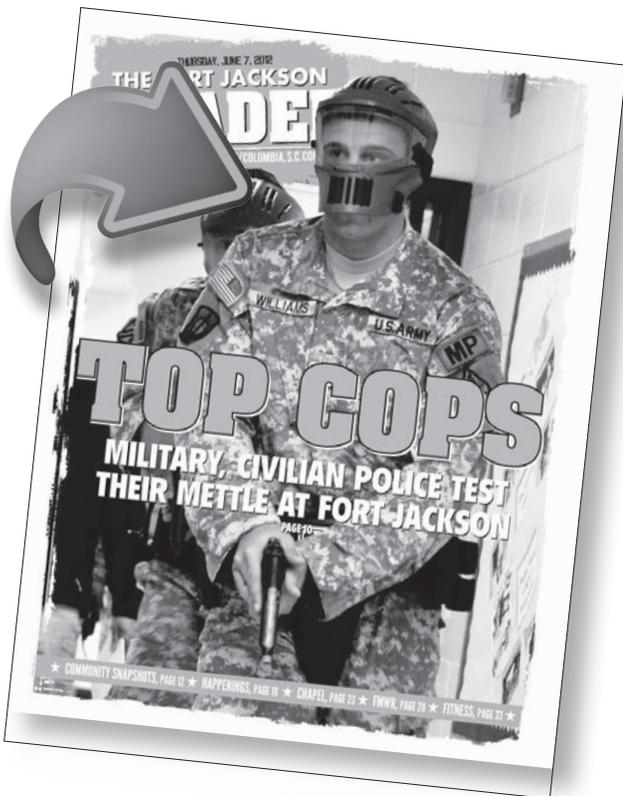
I want to emphasize that this is not a one-way street.

Our gates are always open to our neighbors. Reach out to them — invite them to learn more about what their Army is doing at Fort Jackson. They can do so by participating in one of our tours, attending a graduation and observing our Soldiers in training. We have a lot to share, and we always welcome the opportunity to tell our Army story and show that "Victory Starts Here!"

Victory 6

By **BRIG. GEN. BRYAN T. ROBERTS**

Fort Jackson
Commanding General



ON THE COVER

Photos by ANDREW McINTYRE

Spc. Brian Williams, 17th Military Police Detachment, approaches a hallway during an active shooter scenario at C.C. Pinckney Elementary School Tuesday as part of the Top Cop competition. **SEE PAGE 10.**

THE FORT JACKSON LEADER

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237TH
ARMY BIRTHDAY

America's Army: the Strength of the Nation

Join Fort Jackson in celebrating the U.S. Army's 237th birthday June 16 at the Columbia Convention Center.

WHEN: June 16, social hour: 5 p.m.; receiving line: 6 p.m.

WHERE: Columbia Convention Center

WHO IS INVITED: All Soldiers, civilians and friends of Fort Jackson

TICKET PRICE: \$39

WHERE TO BUY TICKETS: contact your unit ticket coordinator or call the Executive Services Office at 751-3929



GUEST SPEAKER:
Retired Maj. Gen. Abraham Turner, former Fort Jackson commanding general and current executive director of the S.C. Department of Employment and Workforce



Follow Brig. Gen. Bryan T. Roberts at www.facebook.com/FortJacksonCommandingGeneral

AG Corps Hall of Fame inducts eight

By **WALLACE McBRIDE**
Fort Jackson Leader

Fort Jackson welcomed eight men into the Adjutant General Corps Hall of Fame last week during a special reception at the Soldier Support Institute.

The program honors leaders from the Army's human resources ranks, known as the Adjutant General Corps, and recognizes persons who have made positive, lasting and significant contributions to the corps.

All inductees are honored with a permanent photo display in the AG Corps Hall of Honor at the Adjutant General School.

"Our AG Soldiers and HR professionals need to have role models, no different from any of the other corps," said Col. Robert Manning, commandant of the Adjutant General School. "We made the selection criteria tough. With this class, we got it right."

This year's inductees will join those from past years with displays on a kiosk inside the school where students can view them.

"We want our students to study and research our inductees," Manning said. "To place themselves in their shoes and view the Army through a different lens."

Inducted during Friday's ceremony were:

MAJOR GEN. THOMAS SIKORA



SIKORA

Described by Gen. Norman Schwarzkopf as "a superb commander and first-rate Soldier," Sikora was commander of 10th Personnel Command during Operation Desert Shield/Storm, which evolved into the largest human resources unit ever deployed in support of ground combat operations since World War II. Sikora went on to serve as commanding general, 1st PERSCOM, Germany; deputy

chief of staff for personnel, U.S. Army Europe; and as the director of military personnel management, Army G1, The Pentagon. He was the only Adjutant General officer assigned as the information architect in the newly formed Office of the Assistant Chief of Staff, Information Management and is the recipient of two Horatio Gates gold medals and one bronze medal.

COL. WARD NICKISCH

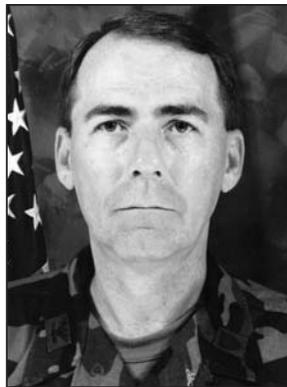


NICKISCH

Nickisch assisted in the oversight and management of The Adjutant General Directorate, implementing personnel programs, services and systems to support the readiness of Army units. He also assisted the Physical Disability Agency and the Army Institute of Heraldry. As commander, 18th Personnel and Administration Battalion for Fort Bragg, N.C., his units provided human resources management support to non-divisional Soldiers and their family members at locations around the world. He established the first CONUS-based operation of a U.S. Post Office on

Fort Bragg, providing Soldiers with unprecedented, real-world postal operations training. He is the recipient of two Horatio Gates gold medals and one bronze medal.

COL. PAUL PROFFITT



PROFFITT

In 1993, Proffitt took command of one of the first personnel services battalions in the Army. He used what he learned about PSB structure and operations and applied them to the Adjutant General School to identify structural and doctrinal changes, which were later implemented across the Army. Proffitt led the Adjutant General School's Concept and Doctrine Division from 1997 to 1999.

COL. EDWARD STRONG



STRONG

Strong is a former battalion personnel sergeant, personnel staff officer at the division level, major command level G1 adviser to a Vietnamese division, and adjutant general of an Airborne brigade in combat. While on the staff of the DCSPER, USAREUR, Strong designed and established a new replacement system to expedite the flow of replacements from the processing center at Fort Dix, N.J. As part of the

Army of Excellence initiative in the 1980s, Strong analyzed the work requirements of the battalion S1. He reviewed all battalion S1 administration, with support from the Army's top leadership.

CHIEF WARRANT OFFICER 5 DANIEL LOGAN JR.



LOGAN

In 1981, Logan was assigned to the 5th Infantry Division where he served as chief, Officer Records Branch, then chief, SIDPERS Interface Division, and finally as assistant G1 for officer management. His efforts resulted in the 5th Infantry Division consistently exceeding all standards for timeliness and accuracy in maintaining personnel records and data. Logan was the second warrant officer to

serve in the General Officer Management Office and he established procedures to support the Army General Officer Life Cycle Management process. In 1985, he was selected to serve as assistant executive officer to the Army vice chief of staff, and in 1999 as assistant executive officer to the chief of staff of the Army. In 2002, Logan was appointed as the first senior warrant officer adviser to the chief of staff of the Army.

CHIEF WARRANT OFFICER 5 DAVID RATLIFF

Ratliff led Army bands in performances for countless



RATLIFF

the most significant change in the Army band structure in more than 50 years and is the current structure of today's Army bands.

COMMAND SGT. MAJOR MICHAEL ARMSTEAD



ARMSTEAD

From 1996 to 1999, Armstead served with distinction as the battalion command sergeant major, HQs Command, U.S. Army Garrison, Fort Belvoir, Va. He later served in a joint assignment as the command sergeant major, Eastern Sector, U.S. Military Entrance Processing Command, North Chicago, Ill., until June 2001. Until his retirement in 2004, Armstead served as the Adjutant General Corps regimental

command sergeant major at the AG School. After the Army G1 and the Army G1 sergeant major were killed in the Sept. 11 attacks, Armstead filled the enlisted HR leadership void and brought the Corps' NCOs together quickly through communication with MACOM Corps and Division G1s, PERSCOMs and Personnel Groups and Battalions. Since 2008, Armstead has served as Honorary Sergeant Major of the Regiment for the Adjutant General's Corps.

COMMAND SGT. MAJOR JOHN GATHERS



GATHERS

Gathers served as the command sergeant major for the 101st Air Assault Soldier Support Battalion, Fort Campbell, Ky. During his tenure, Gathers was instrumental in the deployment of three AG/FM Task Forces in support of Operation Enduring Freedom. While assigned as brigade command sergeant major at 1st PERSCOM from 2002 to 2005, Gathers renewed the USA-

REUR AG Regimental Association Program while serving as the president of the Rhine Neckar Chapter. From 2005 until his retirement in 2011, Gathers served as the longest-tenured command sergeant major with six years in the Army's Human Resources Command. Gathers played an instrumental role in manning the Army at war while supporting an Army-wide transformation effort during a time characterized by a historic Soldier shortfall.

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Deployed Army mom surprises graduate

By ANDREW McINTYRE

Fort Jackson Leader

Jazmyn Michel was one of more than 440 graduates to receive her diploma from White Knoll High School in Lexington, Saturday at the Carolina Coliseum. She was the only one to receive a surprise from her mother, Master Sgt. Gillian Michel, who flew all the way from Afghanistan to be there for her graduation.

Jazmyn had no idea the staff and all of her teachers were aware her mother was going to surprise her. As she walked across the stage to receive her diploma, the announcer informed the audience that Jazmyn was aware that her mother might be unable to attend her graduation, but abruptly added that the Army was able to bring her mother home in time.

As her mother came to greet her on stage, Jazmyn began to cry and quickly went to her with open arms.

“She has been talking about how she is not going to be here and she is here,” Jazmyn said.

Michel, assigned to the 1st Infantry Division of Fort Riley, Kan., deployed to Afghanistan in January with the understanding that she might not be able to attend her only daughter’s graduation. Michel thanked her command for pulling together and allowing her to be there instead.

“I have missed a lot of my daughter’s life being in the Army as a single parent over the last 18 years,” Michel said. “So I was overjoyed and ecstatic to be here for this moment that will never (happen) again.”

Jazmyn said she was excited to share this moment with her mother who she never thought would be able to make it because of her year-long deployment to Afghanistan.

“You really can’t put it into words. It’s like such joy, there are no words for it, it’s just one of those feelings,” Jazmyn said.

Michel, who was back in the U.S. for one week before the graduation, said it was very difficult to keep it a secret, knowing her daughter was so close to her at any given moment of the day.

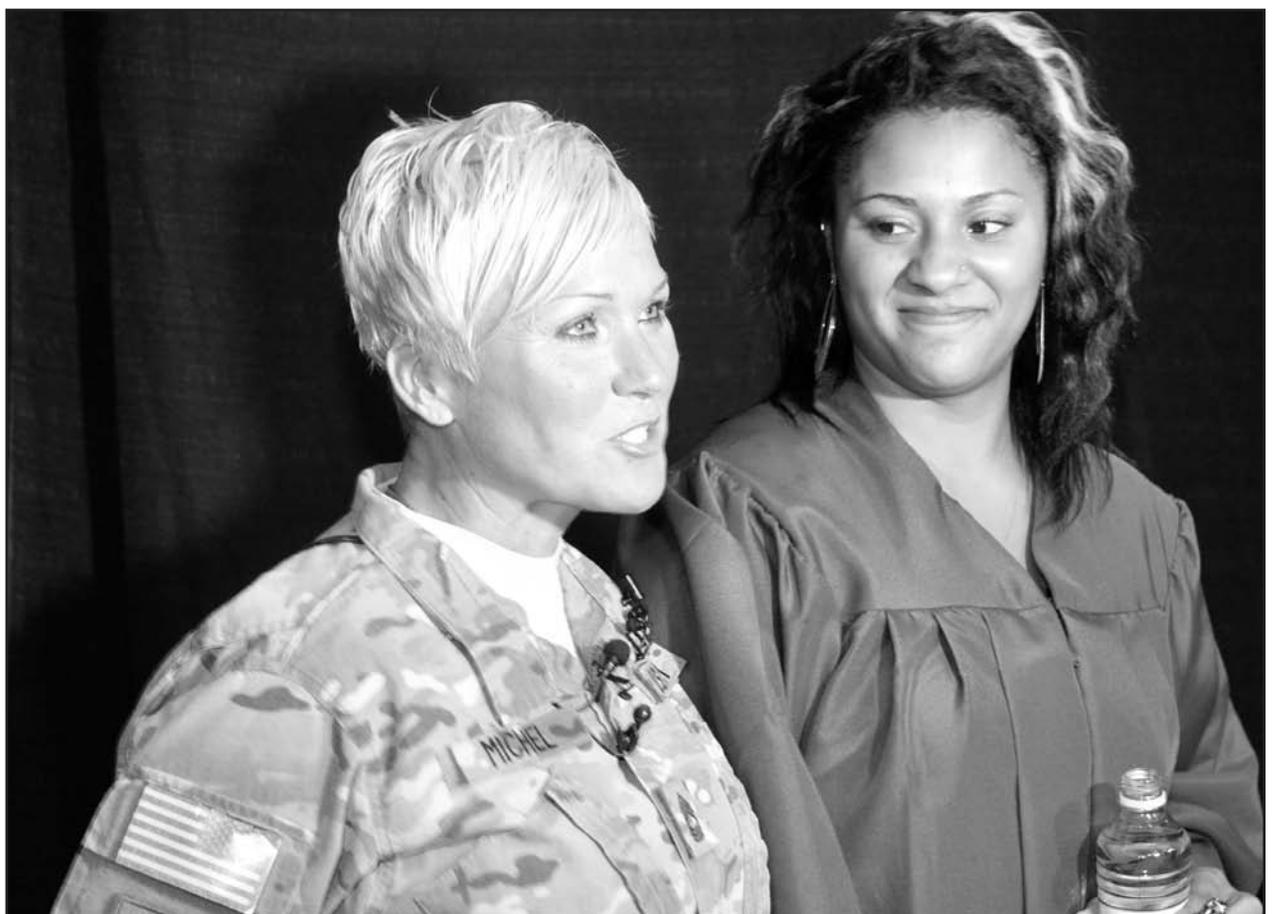
“Oh, it was impossible! I had to change statuses on my Facebook, type in that I was still in Bagram,” Michel said. “It was extremely difficult. I actually got depressed and aggravated a few times knowing she was right here and I could not see her.

“She is my everything. It’s been me and her her entire life, and being a single parent her whole life. So it’s just been me and her; and she is just my world,” Michel said.

Andrew.R.McIntyre.civ@mail.mil

Top photo: Jazmyn Michel reacts in shock as her mother, Master Sgt. Gillian Michel, surprises her during high school graduation Saturday. Bottom photo: Master Sgt. Gillian Michel and her daughter, Jazmyn, address the media after Jazmyn’s graduation from Lexington’s White Knoll High School at the Carolina Coliseum Saturday. Michel, a Soldier with the 1st Infantry Division of Fort Riley, Kan., received permission from her command to attend her daughter’s graduation, despite being in the midst of a year-long deployment to Afghanistan.

Photos by ANDREW McINTYRE



Schoolhouse named after Navy chaplain

By **SUSANNE KAPPLER**
Fort Jackson Leader

In a ceremony Friday, the facility housing the Naval Chaplaincy School and Center was named “Stanley J. Beach Hall” in honor of a “living legend” in the Navy Chaplain Corps.

Beach, who retired as a captain in 1987 after 30 years of service, received the Bronze Star with Valor and the Purple Heart for his actions in Vietnam while deployed with the Third Marine Division.

“For nearly half a century, Chaplain Beach’s name has been synonymous with dedication to duty and selfless service,” said Chaplain (Rear Adm.) Mark Tidd, chief of Navy chaplains. “He’s been for many of us a shining example of the very best of naval chaplaincy. His impact on countless Sailors, Marines and Coast Guardsmen is literally beyond measure.”

Beach is also a former director of what was then called the Naval Chaplains School. Tidd said he first met Beach during that time.

“We as students did not appreciate then what we know now — that we were in the presence of a living legend,” Tidd said. “Chaplain Beach was unfailingly kind to us with a kindness that appreciated our eagerness to learn. And he always encouraged us to learn to do better. In his presence we had the sense that this was someone who truly knew what it meant to be a Navy chaplain.”

Roger Kimble, president of the 3rd Battalion, 4th Marines Association, recalled Beach’s heroics in Vietnam. Kimble said the chaplain would often put himself in harm’s way to minister to his troops.

“As one Marine very appropriately said, ‘Chaplain Beach is the John Wayne of chaplains,’” Kimble said.

Retired Navy chaplain Tieriean Cash, who now works as the Navy Chaplain Corps archivist, said it was a fitting tribute to have the facility named after Beach.

“People have often heard me say that the chaplain school is more than brick; it’s more than mortar — it’s



Photo by **SUSANNE KAPPLER**

Chaplain (Rear Adm.) Mark Tidd, chief of Navy chaplains, and Roger Kimble, president of the 3rd Battalion, 4th Marines Association, unveil a plaque designating the Naval Chaplaincy School and Center building the Stanley J. Beach Hall. Beach, a retired Navy chaplain, and his wife, Ellen, look on.

the embodiment of our spiritual heritage and the repository of our history and our commissions,” Cash said.

Beach recalled some of this history, which includes chaplains who have died in combat and those who have received the Medal of Honor. He said he was honored

to have the facility named for him.

“And it is such a privilege to have my name even associated with some of those courageous and sacrificial chaplains,” Beach said.

Susanne.Kappler1@us.army.mil

UPCOMING CHANGES OF COMMAND/RESPONSIBILITY

☐ **Friday — Adjutant General School:** Col. Todd Garlick will take over as commandant for Col. Robert Manning; 9 a.m.; Officers’ Club.

☐ **Tuesday — Moncrief Army Community Hospital:** Col. Mark Higdon will assume command from Col. Ramona Fiorey; 8 a.m.; MACH.

☐ **Wednesday — Moncrief Army Community Hospital:** Command Sgt. Maj. Vincent Bond will assume responsibility from Command Sgt. Maj. Kevin Williams; 8 a.m.; MACH.

☐ **June 15 — 120th Adjutant General Battalion (Reception):** Lt. Col. Vincent Valley will assume command from Lt. Col. Michael McTigue; 9 a.m.; Officers’ Club.

☐ **June 15 — 120th Adjutant General Battalion (Reception):** 1st Sgt. Richard Haley will relinquish responsibility; 9 a.m.; Officers’ Club.

☐ **June 19 — 1st Battalion, 34th Infantry Regiment:**

Lt. Col. Eric Flesch will assume command from Lt. Col. Quincy Norman; 9 a.m.; Officers’ Club.

☐ **June 22 — 193rd Infantry Brigade:** Col. Joseph McLamb will assume command from Col. Drew Meyerowich; 9 a.m.; Officers’ Club.

☐ **June 27 — 4th Battalion, 10th Infantry Regiment:** Lt. Col. Joseph Purvis will assume command from Lt. Col. Robert Fouche; 9 a.m.; Officers’ Club.

☐ **June 29 — U.S. Army Garrison Fort Jackson:** Col. Michael Graese will assume command from Col. James Love; 9 a.m.; Officers’ Club.

☐ **June 29 — 1st Battalion, 13th Infantry Regiment:** Command Sgt. Maj. Neal Seals will assume responsibility from Command Sgt. Maj. Eddie Delvallealicea; 1 p.m.; battalion headquarters.

☐ **July 2 — 1st Battalion, 13th Infantry Regiment:** Lt. Col. Gregory Trahan will assume command from Lt. Col.

Matthew Zimmerman; 9 a.m.; Officers’ Club.

☐ **July 12 — Training Support Battalion:** Lt. Col. Neil Mahabir will assume command from Lt. Col. Sula Irish; 8:30 a.m.; Officers’ Club.

☐ **July 20 — 171st Infantry Brigade:** Col. Mark Bieger will assume command from Col. George Donovan; 9 a.m.; Officers’ Club.

☐ **Aug. 21 — 369th Adjutant General Battalion:** Lt. Col. David Jones will assume command from Lt. Col. Edward Allen; 8:30 a.m.; Darby Field.

☐ **Aug. 30 — Recruiting and Retention School:** Command Sgt. Maj. Tory Hendrieth will assume responsibility from Command Sgt. Maj. Donna Punihaole; time and location to be determined.

To announce a battalion level or above Change of Command/Responsibility, call 751-7045 or email fjleader@gmail.com.

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Log on to your account and search
“Fort Jackson Leader.”

Housing Happenings

COMMUNITY UPDATES

- ❑ Residents are urged to be mindful when using charcoal and gas grills. Grills are not allowed to be used indoors and must be no closer than 10 feet to a building or enclosed shelter. Propane tanks must not be stored indoors.
- ❑ A workshop on how to clear housing is scheduled for 9 a.m., Friday at the Community Center.
- ❑ The Home Ventilation Institute recommends that you use kitchen ventilation fans while cooking and bathroom ventilation fans for 30 minutes after each shower. Fans help minimize excess humidity in the home, reduce condensation and promote good indoor air quality.
- ❑ The Mayoral Council is looking for volunteers to serve as mayors of the Fort Jackson housing community. Child care is provided while performing mayoral duties. Interested residents should contact Vickie Grier at 751-7567.
- ❑ The Yard of the Month contest will continue throughout the summer. Yard of the Month winners will be recognized in *The Fort Jackson Leader*, Balfour Beatty Communities website and newsletter. The grand prize winner will also receive a \$50 gift card contest of BBC. Visit the Self Help Center on Ivy Road and browse the lawn and garden tools that can help you cultivate a beautiful yard and flower garden. The center is open Monday through Friday from 8 a.m. to 4 p.m.
- ❑ Trampolines are prohibited in the housing area. For more information, view the Balfour Beatty Communities resident guide at www.ftjacksonfamilyhousing.com or contact the management office at 738-8275.
- ❑ Swimming pools in the housing area may be up to six feet in diameter and one foot in depth. Use of wading pools requires adult supervision and is permitted in backyards only. When pools are not in use, they must be emptied and properly stored.
- ❑ LifeWorks events are reserved for on-post housing residents unless otherwise indicated. For questions, comments or suggestions, email ayoungblood@bbcgrp.com.
- ❑ Refer someone to move on post to receive \$200.



Friday, June 8 — 6 p.m.

Dark Shadows

PG-13

Saturday, June 9 — 4 p.m.

Think Like a Man

PG-13

Sunday, June 10 — 2 p.m.

Dark Shadows

PG-13

Wednesday, June 13 — 2 p.m.

Dark Shadows

PG-13

Wednesday, June 6 — 4:30 p.m.

Think Like a Man

PG-13

Friday, June 15 — 6 p.m.

Safe

R

Adults: \$4.50

Children (12 and younger): \$2.25

For more listings, visit www.aafes.com or call 751-7488.

Korea, Vietnam veteran to open toasts at Army Ball

By **WALLACE McBRIDE**

Fort Jackson Leader

Fort Jackson will host the Army's 237th birthday June 16, welcoming hundreds of Soldiers to a celebration that many have missed the last few years because of duties in Iraq and Afghanistan. Leading them in a toast at this year's event is retired Col. Angelo Perri, a man who knows a thing or two about coming home from combat.

Perri, 83, is a veteran of the wars in Korea and Vietnam, and his toast will be part of a live telecast involving the national Army Birthday Ball in Washington, D.C. While he was unsure of the details of his toast, he said he's already knows what sentiment he'd like to share.

"I would toast to those now serving, those who served in the past, and to those that will serve in the future," Perri said.

A 1951 Distinguished Military Graduate of the ROTC program at the University of Akron, Perri was commissioned into the regular Army and found himself in Korea the following year as part of the 27th Infantry Regiment. He served as platoon leader, company commander and battalion operations officer, returning to the United States after the end of the conflict.

Perri said the Korean War was a transitional conflict that combined elements of traditional, uniformed warfare and guerilla-style tactics that have since become common on today's battlefields.

"Once you hear that artillery and sniper fire, you know it's not a game," Perri said. "For me, I knew it was coming, but it didn't scare me. Statistically, your chance of getting hit is remote."

Perri served at Fort Jackson from 1966 to 1972, a tenure that included two tours of duty in Vietnam.

"Korea was still a World War II type war, in that the enemy wore uniforms," he said. "We were fighting a conventional battle where you still had front lines. In Vietnam, we had no front lines. Much like Iraq and Afghanistan, it was a guerrilla type war. You could 'chopper in' to an area and pacify it, and the minute you left the (Viet Cong) came back in. That's the same situation you have today."

His final assignment was to command the U.S. Army New York Area Command, which consisted of forts Hamilton, Wadsworth, Totten, as well as Fort Hancock, N.J. Perri decided to return to Columbia, S.C., after retiring in 1976, and has been an active part of the community ever since.

"Most of my friends who retired ahead of me were here,"



Courtesy photo

Retired Col. Angelo Perri, shown in a photo from 1973, will offer a toast at the Army Ball June 16.

he said, "and this is my wife's home."

In retirement, Perri has served on the Columbia Chamber of Commerce Military Affairs Committee.

His 23 military awards include two combat infantry badges and three awards of the Legion of Merit.

"I've watched Fort Jackson change from 1966 to today," he said. "There's a lot of history here. Three Army divisions were stationed here during World War II. The Rockbridge area was a German POW camp. In 1918, during World War I, there were 40,000 troops stationed at Fort Jackson. Few civilians are left in Columbia today that have any of those memories."

Milton.W.McBride3.ctr@mail.mil

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the June 21 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the June 21 Leader must be submitted by June 14.

Send your submissions to FJLeader@conus.army.mil.

For more information, call 751-7045.





Photos by ANDREW McINTYRE,

Spc. Kandace Grandberry, center, struggles with Sgt. Jose Lopez, left, and Spc. Brian Williams, who compete in the Top Cop contest. Grandberry played the role of an attacker during a domestic violence scenario. The law enforcement officers had to successfully diffuse the situation.

Post hosts 'Top Cop' contest

Army, civilian law enforcement compete in annual event

By ANDREW McINTYRE
Fort Jackson Leader

Sgt. Kristopher Shapiro, assigned to 35th Military Police Detachment, Fort Gordon, Ga., is this year's Noncommissioned Officer winner of the Pfc. James Boyd, Jr. Top Cop Competition. Spc. Brian Williamson, assigned to the 221st Military Police Detachment, Fort Eustis, Va. is the winning Soldier of the competition.

Civilian law enforcement deputies Scott Puckett and George Norton, of the Richland County Sheriff's Department, claimed the title of "2012 Best Civilian Police" winners.

Soldiers and civilian law enforcement officers from different regions competed in the Top Cop Competition Sunday through Tuesday, which took place on Fort Jackson for the first time. The 17th Military Police Detachment hosted the third annual competition, which aims to build excellence and camaraderie between military and civilian law enforcement agencies.

Ten teams of competitors from various law enforcement agencies participated. Police officers competed in two-man teams to go through scenarios that many law enforcement officers may encounter in their careers.



Sgt. Kristopher Shapiro is this year's Noncommissioned Officer winner of the Top Cop Competition.

On Monday, competitors started early with an Army Physical Readiness Test, which included a two-mile run, sit-ups and push-ups. The competitors were only given a few moments following the PT test to gather their belongings and make their way to a simulated domestic violence dispute between a husband and wife in the housing area.

Teams were evaluated by a number of criminal domestic violence instructors from the South Carolina Police Academy on their ability to work effectively and cohesively to defuse the simulated dispute.

"This competition is about coming together for scenario-based law enforcement training," said Capt. Jeffrey Krohn, commander of the 17th Military Police Detachment. "It's about partnering in excellence with outside agencies; learning from one another, regardless of the agency."

Krohn said morale and unit cohesion are among the benefits Soldiers receive from the training.

"We don't usually get a chance to meet each other in our line of work, now through this event we get a chance to meet other law enforcement officers from other agencies," Krohn said. "This also helps build esprit de corps within our unit."

Students boost esprit de corps in challenge

By **CAPT. SELINA TOLONEN**
Adjutant General School

Teams of students with the Army Adjutant General Captains Career Course competed against each other during an event called “Warrior Challenge” on the morning of May 30 at Twin Lakes. The challenge not only tested the Soldiers’ individual levels of physical fitness, agility, muscular strength and cardiovascular endurance, but also their ability to accomplish a mission together.

Three teams competed, each with six members. With the start signaled by a car horn, half of each team took off through the challenge’s five obstacles in order of the canoe carry and paddle, litter and water jug carry, and run. Simultaneously, the other half began in the opposite direction. The goal for each team was to complete all the obstacles in the least amount of time, which took some strategizing.

“It’s not necessarily advantageous to have all your fast people on one team and all your slow people on the other,” said Capt. Alexander Landrum, member of the “Bravo Bulldogs.” “You want to try to maximize the overall efficiency of your team and distribute the skills evenly across the two groups competing.”

“We strategized by carrying the lightest person on the litter and evenly distributing the water jugs across the team so that not one member was overly exhausted by carrying the bulk of the load,” said Capt. Mercedes Branch, member of “Team Awesome.” “It actually seemed to be the little adjustments like these that ended up making the biggest difference in the end.”

Completing the challenge in 14 minutes, 15 seconds, Team Awesome finished first, followed closely by the Bravo Bulldogs with a time of 15:03. The third team, the “Charlie Commandos,” finished in 20:48.

“It feels really good to be part of the winning team because it shows others in our class that with perseverance, doing the right thing all the time, and concentrating on the goal, you can really accomplish and achieve anything,” Branch said.

“To be honest, we had a little trouble with the canoe paddle,” said Capt. Christopher Montes, member of the Charlie Commandos. “We basically just kept going in circles and veering off course due to unbalanced paddler coordination. It set us back, but nevertheless, is quite a funny memory to take away.”

As the 20-week academic course draws to an end, the Warrior Challenge served as one of several capstone events students completed before graduation.

“We spend most of our time in the course talking about the technical aspect and science of human resources, so this gave us an opportunity to do a little bit of esprit de corps and team building in a physical environment,” Landrum said.

“It wraps things up on a good note and was a good opportunity to come together and move forward toward the end as a team,” Branch said.

Far right photo: From the front, Captains Mitchell Salter, Katie Melcher and Kenneth Morris canoe during the Adjutant General School Warrior Challenge. **Right photo:** First Lt. Rocky Harkless is part of a three-person team tasked with carrying two five-gallon water jugs. The participants are students with the AG School’s Captains Career Course.

Photos by **CAPT. BRIAN HOLLANDSWORTH**,
Adjutant General School



Capt. Christopher Kim, a student with the Adjutant General Captains Career Course canoes during the school’s Warrior Challenge May 30 at Twin Lakes. The challenge tested individual levels of physical fitness, agility, muscular strength and cardiovascular endurance as well as teamwork and unity.





Photos by ANDREW McINTYRE

SSI celebrates Asian Pacific heritage

Above, students of Life Force Karate demonstrate various forms of martial arts at the Soldier Support Institute's Asian Pacific Heritage Month observance, May 31 at the SSI auditorium. Left, Chelsea Gower performs a high-flying karate kick with weapons during the event.



Courtesy photo

Bambi visits FRC

Employees at the Family Readiness Center welcomed an unusual visitor May 31. A 3-day old fawn was left by its mother near the building to shelter her young from predators and return for it the following night. The game warden was informed. People who come across wildlife on post are discouraged from touching or feeding the animals, but should notify the building coordinator.



Courtesy photo

Volunteers honored

Third Army/ARCENT volunteers are recognized during a ceremony May 30. Lt. Gen. Vincent Brooks, commanding general of Third Army/ARCENT, thanked the Soldiers and civilians who were honored for making a difference by dedicating their time.



Courtesy photo

Eric Horner has performed hundreds of concerts for Soldiers in Basic Combat Training.

VOLUNTEER SPOTLIGHT

Musician offers talent, inspiration to BCT Soldiers

By **ANDREW McINTYRE**
Fort Jackson Leader

Volunteer: Eric Horner
Activities: Musician

Eric Horner, a 2012 Volunteer Hall of Fame inductee, started volunteering in 2006 with the 193rd Infantry Brigade, leading Basic Combat Training Soldiers in song at multiple graduation ceremonies, worship services and other concerts. He has performed more than 200 concerts and 30 tours in one year for Basic Combat Training Soldiers, according to Maj. Earl Bowers assigned to 193rd Infantry Brigade.

“We’ve worked with all five of the 193rd battalions at one time or another, and it’s been great to see the music connect with many of the commanders and full time cadre as well as the warriors in training,” Horner said.

Horner finds his music to be a powerful contribution to the Soldiers, motivating them to finish training and serve their country.

“Coming over to Fort Jackson to encourage our newest warriors is the most rewarding thing I’ve ever gotten to do,” he said. “To see them leave our concerts motivated and on fire to serve their country is the most awesome feeling in the world to me.”

He said he looks for confirmation to ensure he is on the right track with his talent and musicianship. Having been inducted in to the Volunteer Hall of fame is just the confirmation he needed, Horner said.

“We’re so grateful for every opportunity we have (with) the Soldiers,” he said.

Horner said he looks to continue to grow with his gift. He says he and his band are always striving to improve their concert experience for the Soldiers in order to have the greatest impact possible upon their lives.

“We strive to drive home the Army Values and Warrior Ethos in our music and we spend a lot of time in the recording studio when we’re at home working on new songs to bring the right messages across,” he said. “As of now, we have six out of nine BCT battalions working with us on a regular basis. I’d love to see that number grow this year,” he said.

“Coming over to Fort Jackson to conduct music is a powerful communicator, and I hope we can use it to encourage, motivate and inspire the warriors who come through Fort Jackson for a long time to come,” Horner said.

Andrew.R.McIntyre.civ@mail.mil

Supervision required for children on post

From the Directorate of Emergency Services and the Fort Jackson Housing Division

Schools are out for the summer, and families living on post should know the rules regarding the supervision of children.

The following information is an excerpt of the Garrison Commander’s Policy Memorandum 5-3-Supervision of Children, dated May 12, 2011. For a complete copy of the policy, call the Housing Office at 751-9339.

Safeguarding children is a parental responsibility. In order to promote their health and welfare, this policy memorandum applies to the care and supervision of all children residing on or physically present on Fort Jackson.

The minimum community standards are provided. During the summer months, children are considered to be in the grade they have just completed and are not in the next grade until they actually start that grade. The limits listed are a minimum basic standard and not a parent’s sole determining factor regarding the child’s ability to remain alone safely. The regulation should not be used in lieu of parental common sense and good judgment in providing for the safety of a child.

Children identified as having special needs in accordance with AR 608-75, Exceptional Family Member Program, must have their disability considered a primary factor if being left alone. Grade should be a secondary factor in those circumstances.

Parents should know the following special provisions:

❑ A motor vehicle is always considered an unsafe environment and children/youth should not be left in vehicles unattended.

❑ Playgrounds, parks, basketball courts and similar

locations are normally considered a safe environment for children to play, but are not safe if the children are unattended.

❑ A swimming area is always considered a high-risk environment regardless of the size of the pool. Swimming areas present extreme hazards to children.

❑ Any person having knowledge of children left unattended on Fort Jackson outside these guidelines must immediately notify the military police.

Violations of this policy may result in child neglect reports to the Military Police at 751-3113. The MPs will take action contingent upon the degree of danger to the child.

Violators of this policy may be subject to a letter of warning, termination of on-post housing/quarters privileges, loss of access to post and some on-post privileges, and/or an official report of the incident to appropriate child welfare agencies. This could lead to action by law enforcement authorities.

The Army and the local civilian community offer a wide range of child care services and youth activities to help parents provide safe, enriching environments when parents are unavailable. For more information about those services, call 751-4865.

GENERAL GUIDELINES

❑ Parents are responsible for the welfare and safety of children in the military community.

❑ Each child is unique. Personality, environment, development progress and maturity level are factors used to determine when children are ready to accomplish activities with little or no supervision.

❑ The following are minimum community standards, and under no circumstances will these guidelines be reduced. Parents are still required to assess their child and if necessary, raise the age limits.

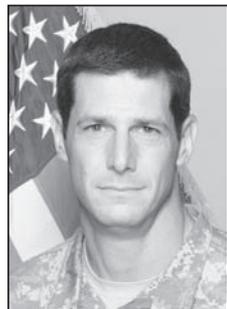
Child	Left Home Alone	Left Alone Overnight	Play Outside Unattended	Left in Car Unattended	Child Sit for Siblings	Child Sit for Other Children
Newborn through Kindergarten	NO	NO	NO	NO	NO	NO
Grades one through five	NO	NO	YES: Under a watchful eye of a responsible caregiver and sponsor knows location of child	NO	NO	NO
Junior High/Middle School Grades six through eight	YES: With access to adult supervision; Limit – 4 hrs	NO	YES: With access to adult supervision	YES: With keys removed and handbrake applied	YES: Limit - 4hrs	YES: During daylight and evening hours; not overnight
High School Grades nine and 10	YES	No	YES: With access to adult supervision and sponsor knows their location	YES	YES	YES: During daylight and evening hours; but not overnight
High School Grades 11 and 12	YES	YES: With sponsor in local area and access to adult supervision	YES: With access to adult supervision and sponsor knows their location	YES	YES: During daylight and evening hours; but not overnight	YES: During daylight and evening hours; but not overnight

News and Notes

ARMY BALL TICKETS AVAILABLE

The 237th Army Birthday Ball is scheduled for 6 p.m., June 16 at the Columbia Metropolitan Convention Center. The ball is open to everyone. The guest speaker will be Retired Maj. Gen. Abraham Turner, former Fort Jackson commanding general and current executive director of the South Carolina Department of Employment and Workforce. Tickets cost \$39 and can be purchased from unit ticket coordinators. For more information, call 751-8280.

2-39TH GREETS NEW COMMANDER



GLICK

Lt. Col. Jason Glick assumed command of the 2nd Battalion, 39th Infantry Regiment in a ceremony Friday. Glick, who previously served as the executive officer for the 193rd Infantry Brigade, replaces Lt. Col. Glen Blumhardt, who retired.

3-60TH WELCOMES NEW COMMANDER



McCARDELL

Lt. Col. Thomas McCardell assumed command of the 3rd Battalion, 60th Infantry Regiment in a ceremony Tuesday. McCardell, who previously was assigned to the G-3 staff on Fort Jackson, replaces Lt. Col. John Allen, whose next duty station will be Fort Stewart, Ga.

FATHERHOOD CEREMONY SCHEDULED

The second annual Fort Jackson Fatherhood Recognition Ceremony is scheduled for 1:30 p.m., Tuesday at the Solomon Center.

ROAD CLOSED

Sumter Avenue is closed between Ferguson Avenue and Magruder Avenue. The closure is necessary because of construction of new water and sewer utility lines. The road is scheduled to reopen July 16.

ACTIVE DUTY GET IN FREE AT PARKS

Active duty service members can now get a free annual pass to national parks and federal recreation lands. The pass can be picked up at any national park or wildlife refuge that charges an entrance fee.

For a list of participating sites, visit <http://store.usgs.gov/pass/PassIssuanceList.pdf>.

LEGAL NOTICE

Anyone with debts owed to or by the estate of Sgt. 1st Class Ronald R. Peters must contact Capt. Tina Franklin, the summary court martial officer for the Soldier. Peters passed away May 21. Contact Franklin by calling 751-7375 or via email at Tina.Franklin@us.army.mil.

'Iron PT' aims to enhance esprit de corps for SSI

By CAPT. PETER MOUSSEAU

Soldier Support Institute, Combined Arms Directorate

A conversation between Brig. Gen. David MacEwen, commanding general of the Soldier Support Institute, and Maj. Jon Williams, the SSI's Combined Arms Directorate chief, about strengthening the organization's esprit de corps led to a workout session that had most of the SSI officers sweating and all of the participants smiling after physical training on the morning of May 31.

Williams suggested to MacEwen to try a more interesting and challenging approach than the typical officer esprit de corps run, and the result is the new "Iron Physical Training" program.

Officers arrived at Semmes Lake at 5:40 a.m. for formation and had very little advance knowledge about the events to follow. The course, which started near the Semmes Lake Trolley, included a 50-meter Heavy Expanded Mobility Tactical Truck tire flip; a 300-pound duffle bag, litter carry; a 100-meter buddy carry, a 4-mile fun; and some CrossFit-like calisthenics.

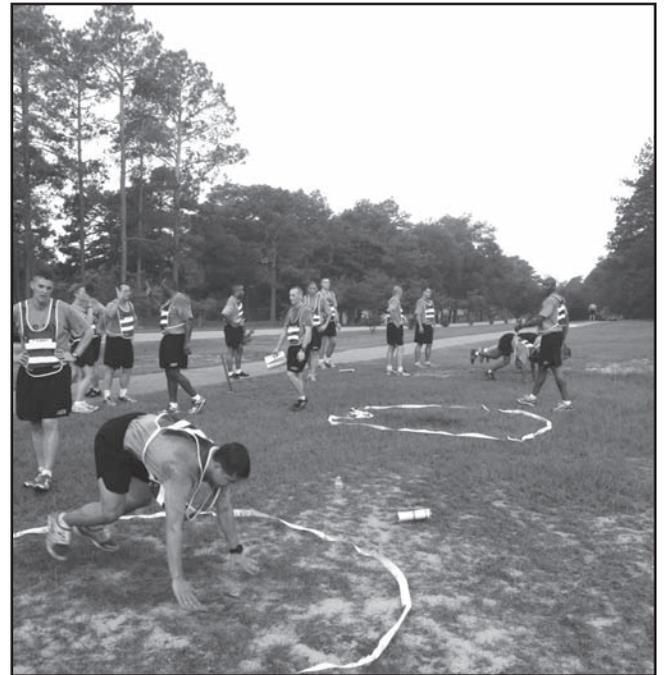
"Doing lunges just before running a mile plus was definitely a challenge, but I didn't feel like I wanted to fall over," said Capt. Pamela Deville, Captains Career Course instructor. "We were all out there working as a team to get through the events, so we really had a chance to build some camaraderie."

Deville was part of a team of six officers and warrant officers who had to work together to complete the course. They were given a map at formation, along with a general overview of the events, and a safety brief. The team then had to figure out how to best get from one point to another to complete the course.

"I think the HEMMT Tire Flip was the toughest event. One tire has to weigh about 300 pounds," said Chief Warrant Officer 3 Dennis Stribling. "Moving that much weight, even with a buddy, 50 meters, is definitely a 'smoker.'"

After completing six events around the east side of Semmes Lake, the "iron officers" ran the path from Semmes Road to Chesnut Road, adjacent to the golf course. Traversing the less than gently rolling hills of Fort Jackson, the SSI officers found themselves at the rally point for the final exercise: 100 burpees (about 25 a piece). "The burpees were pretty tough, but the fact that I knew I had to run back made them especially difficult," said Capt. Christian Bonno, an instructor with the Basic Officer Leaders Course B.

Once all were accounted for at Chesnut and Semmes,



Courtesy photo

Soldier Support Institute officers participate in the Iron PT training session May 31 near Semmes Road.

MacEwen motivated the officers for the run back.

"Well, you made it out here, now you've got to make it back. The first one to get back to my house gets the most biscuits," MacEwen promised.

Waiting at the end of the course was a homemade breakfast of biscuits, egg, sausage, ham and cheese casseroles, orange juice, coffee and water, prepared by MacEwen's wife, Patty.

"This was a great team building event," Capt. Sarah Noyes said. "When you see a senior leader and his wife hosting an event like this, it really sets a positive tone for the entire institute."

"This clearly met my intent. I wanted to get my officers together to see what they are made of," MacEwen said. "They proved to me that they are a physically fit group, willing to get the job done with limited guidance. The officers of the SSI have great team spirit."

MacEwen said he plans to continue to emphasize physical training while in command and to keep things interesting with the unexpected. The Iron PT session will continue a quarterly series, which is designed to encourage officers, warrant officers and noncommissioned officers to think outside the box, have fun and increase esprit de corps across the SSI through physical training.

Advertising in the Leader

For information about classified advertising, call 432-6157 or e-mail skaress@ci-camden.com.

Classifieds can also be faxed to 432-7609 or mailed to P.O. Box 1137, Camden, S.C. 29020..

For display ads, call Kathy at 786-5681.

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the June 21 Leader must

be submitted by today. Announcement submissions are due one week before publication.

For example, an announcement for the June 21

Leader must be submitted by June 14.

Send your submissions to FJLeader@gmail.com.

For more information, call 751-7045.

Holistic treatments help Soldiers with PTSD

By JENNIFER MATTSON
Army News Service

FORT BLISS, Texas — For some Soldiers, the emotional scars of combat can be just as overwhelming as the physical ones. In the past, Soldiers often only had a choice between suppression or medical discharge. But the Warrior Resilience Center at Fort Bliss, Texas, seeks to help Soldiers treat their post-traumatic stress emotionally and spiritually, and return as functioning members to their units.

Sgt. Lance Bradford, a cavalry scout, deployed to Baghdad in 2006. He was on a battalion reconnaissance team made up of small kill teams that stayed in Baghdad for five days at a time.

His unit was hit by at least four improvised explosive devices, known as IEDs, and was shot at countless times. Five months into his deployment, he was shot; the bullet went through his arm, into his rib cage and out his back. He was medically evacuated from the battlefield and sent home to Fort Bliss for treatment.

The hardest part about being wounded, Bradford said, was that soon after his return, his wife left him.

“I had no foundation to help me,” he said. “I had none of my Soldiers to help me. My wife hit the door, and I was in a hospital bed and I didn’t know where my career was going. That’s when it really hit me.”

His physical wounds merited the Purple Heart, but the wounds no one could see were the ones he dealt with every day, Bradford said.

“I couldn’t go to Walmart unless it was 3 a.m. because I couldn’t be in large groups,” Bradford said. “I couldn’t go to the mall. I hadn’t gone clothes shopping for a year because I couldn’t tolerate large groups. The only large groups I could tolerate were military.”

After months of sleeping less than an hour a night, Bradford went to sick call to seek help.

“They tossed pills at me, gave me a flier for a (Global War on Terrorism) therapy group and sent me on my way,” Bradford said. “I didn’t like taking the pills; I didn’t even like taking the pain pills. But it was all I could do to bear the pain. I took the sleeping pills for two days. The first day I took it, it put me in a coma and I slept through my alarm. I saved one pill for the weekend. Then, I went to the GWOT

group.”

While at the support group, Bradford met Dr. John Fortunato, who had just started the Restoration and Resilience Center, the forerunner to today’s Warrior Resilience Center. Fortunato thought Bradford might benefit from the alternative therapies the program provided and encouraged him to apply.

“(Bradford) not only fought through (the program here) to get better, but he had some serious injuries and intensive physical therapy,” said Dr. Vicki Thomas, the current chief of the Warrior Resilience Center. “He could have easily (been medically discharged); no one would have ever questioned. He didn’t want to. And that’s why the program started, for people like him.”

“He went through hell to get back on that horse and ride it,” Thomas said.

Some Soldiers try to self-medicate or avoid situations they think could trigger their post-traumatic stress. But that only leads to not being able to live a normal life, Bradford said.

“NCOs have the bulk of the problems because they have to deal with all their Soldiers’ problems,” Bradford said. “Not to mention 90 percent of us are married, so we’ve got time away from our wives because of work and taking care of Soldiers. We’re going to sit and bottle everything up. That’s what I did, and it was a horrible idea.”

When Bradford went through the resiliency center program, he said he and fellow participants were able to see dramatic changes. Two of the Soldiers who suffered from injuries during his deployment and who were with him as they were medically evacuated have returned to active duty and currently serve in Korea.

“There are a lot of guys who are walking, breathing proof that it works,” Bradford said. “It’s all what you put into it. If anyone hates taking those pills, this is a much better alternative.”

The program has changed since Bradford went through it. With more Soldiers returning from combat with the crippling symptoms of PTS, the program has shortened to a four-week introductory course from the year-long course it was when Bradford went through in its first year, 2007.

“As the wars have changed and the Army has changed, our mission has changed,” Thomas said. “Originally our mission was to take Soldiers who had experienced combat traumas and post-traumatic stress disorders that were severe enough to where their careers were in jeopardy, and help those Soldiers get strong enough to return to the fighting force. We’ve since changed, since there are such great numbers.”

Soldiers in the program remain assigned

to their current units. However, their duty station for four weeks is the Warrior Resilience Center. From 7:30 a.m. to 4 p.m., program participants experience a variety of alternative treatments designed to give Soldiers tools they can rely on to treat the symptoms of PTS.

“You can give them a lot of tools in four weeks, but you cannot cure (PTS) in four weeks,” Thomas said. “But I watch some of them who left here with those tools and they come back in for therapy and are continuing to do better.”

There are 14 similar facilities across the Army, and each program is somewhat different due to the local resources available and what the counselors there have found most helpful. The Fort Bliss center is the Army’s premiere PTS treatment facility, Thomas said.

“The goal is to expose them to a little bit of everything so that, at the end of the four-week program, they can help come up with an after-care program,” Thomas said. “So if someone found reiki tremendously helpful, but acupuncture wasn’t perceived as being as helpful, then we specialize when it comes to the after-care program. Especially for treatments, until you’ve actually experienced it, you don’t know if it’s going to be helpful or not.”

Denney Barrus, a social worker with the Warrior Resilience Center at Fort Bliss, said that because Soldiers won’t know which treatments will be effective, program participants agree to try all of the alternative treatments.

“When Soldiers come here, they have individual therapy twice a week, group therapy four times a week and we have a whole slew of alternative treatment therapies,” Barrus said.

The staff of 13 clinical social workers, psychologists, reiki master teachers, licensed massage therapists, an acupuncturist, and a yoga, tai chi and qigong instructor all work together to help these Soldiers get to a point where they can return to their unit.

The Warrior Resilience Center keeps objective data that shows its treatment methods work, Thomas said.

“We do objective outcome measures, and those have shown good results,” Barrus said. “But to me, more importantly, are the reports from the Soldiers or their families or their spouses who have said it’s so much better. It’s very common to hear Soldiers say, ‘This program saved my life.’”

After Bradford graduated from the program, he moved to Fort Hood, Texas, and deployed to Iraq for a third time. He continues to serve, and says he is now better equipped to help his Soldiers.

“There is no cure for PTSD,” Bradford said. “There are just control methods so you can live with it.”



PUBLIC NOTICE

Notice # 15577-04
June 1, 2012

This notice is to inform the public that the S. C. Department of Health and Environmental Control (Agency) is taking public comments on a Corrective Action Plan (CAP). This CAP addresses the cleanup of soil and groundwater contamination at the facility listed below. The contamination was caused by petroleum products that were released from the underground storage tank system at this facility.

FACILITY: Former Building 9431-F/ UST Site # 6, Fort Jackson, SC

APPLICANT: ARCADIS G&M, Inc., 30 Patewood Dr., Ste. 155, Greenville, SC on behalf of US Army Training Center & Fort Jackson, 2563 Essayons Rd., Fort Jackson, SC 29207

SUMMARY OF CAP: Petroleum and petroleum byproducts naturally break down over time through chemical, physical, and biological processes. These processes are called natural attenuation. The US Army Corps of Engineers has submitted a CAP proposing the use of the following technologies in addition to natural attenuation to clean up the contamination.

- Excavation: Removal and proper disposal of contaminated soil. The excavated area will be backfilled with clean soil and properly compacted.
- Chemical Oxidation: Oxygen-rich chemicals will be applied to the excavated area prior to backfilling. These chemicals help change the petroleum product(s) into harmless compounds (water and carbon dioxide).

PUBLIC COMMENT PERIOD DEADLINE: The **deadline** for submitting written comments is **5 PM June 30, 2012**. Any interested person(s) may submit written comments concerning the cleanup to the Project Manager listed below. Please bring this notice to the attention of persons whom you know will be interested in this matter. Where there is a significant degree of public interest, the Agency will hold a public hearing.

Susan B. Fulmer, P.G.
SCDHEC - UST Management Division
2600 Bull Street
Columbia SC 29201
803-896-6676

CONTACT INFORMATION: For additional information, please call the Project Manager listed above. To view a copy of the CAP, contact the Agency’s Freedom of Information Office at 803-898-3882.

Section 280.67 of the S.C. Underground Storage Tank Control Regulations (R.61-92) requires that any CAP prepared to meet the requirements of 280.66 be placed on notice for public comment.

Follow the Leader on Twitter at www.twitter.com/fortjacksonpao.

Calendar

Tuesday, June 19 and Wednesday, June 20
Army 101 course
8:30 a.m. to 2:30 p.m., location to be determined
Registration is required. For more, call 751-6315.

Housing events

All events are held in the Community Center, 520 Brown Ave., unless otherwise specified. Call 738-8275 for information.

Throughout the summer

Free popsicle Fridays

Children can stop by the Community Center every Friday this summer for a free popsicle while supplies last.

June 15, 3 p.m.

Beading party

Children 5 and older are invited to learn how to bead. Only 12 spots are available. Registration is required. For more information and to register, email plove@bbcgrp.com.

Announcements

TOASTMASTERS MEETING

A new postwide Toastmasters Club will meet from 11:30 a.m. to 12:45 p.m., today at the Dozier Hall Banquet Room. The club is open to all community members.

For more information, call 629-7696 or email John.J.Edwards2@us.army.mil.

ID CARD OFFICE CHANGES

The ID Card Office now operates on an appointment-only basis from 9:45 a.m. to 4:15 p.m., Monday through Friday. Walk-ins are welcome 8 to 9 a.m., Monday through Friday. To schedule an appointment, visit <https://rapids-appointments.dmdc.osd.mil>. For more information, call 751-7731.

CIVILIAN CAREER WEBSITE

A new website has been launched that consolidates information about civilian training and career development. Visit the site at www.civiliantraining.army.mil. The Army Civilian Training and Leader Development Division also established a Facebook page at www.facebook.com/armyciviliantraining.

CAC REPLACEMENTS

Some Common Access Cards that are set to expire after Sept. 30 will have to be replaced because they contain older encryption keys that will no longer provide network access. Most CACs contain the newer, compatible encryption keys. Personnel who are affected, will receive an email from DMDC.CAC.Replacement.Notification@osd.pentagon.mil. To replace the CAC, visit <https://rapids-appointments.dmdc.osd.mil> and schedule an appointment.

HIRED! TERM

The next HIRED! teen apprentice-

ship program term is scheduled for Aug. 26 through Nov. 17. Applications are due Aug. 17. A successful interview must be completed before the start of the term.

CIF CLOSURE

The Central Issue Facility will be closed Monday through June 15 for its annual inventory. Soldiers and civilians who are scheduled to clear the installation during that time should call 751-6524/2870/2739 for a turn-in appointment before then. CIF will resume normal business hours June 18. For more information, call 751-7213/6885.

OPM SURVEY UNDER WAY

The Office of Personnel Management has begun its 2012 Federal Employee Viewpoint Survey. The survey runs through June 18.

THRIFT SHOP NEWS

Donations may be dropped off any time at the back door.

The Thrift Shop has a number of gowns available as part of its Golden Carriage Program. The program provides formal wear for female sergeants and below and wives of sergeants and below. The Thrift Shop is open from 9 a.m. to 3 p.m., Tuesdays and Thursdays, and from 9 a.m. to 5 p.m., Wednesdays.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events.

Send your announcements to fjleader@gmail.com. Community announcements may

be edited to comply with Leader style and Public Affairs regulations. Announcements are due one week before the publication date. For more information, call 751-7045.

For information about classified advertising, call 432-6157.

Off-post events

The Fort Jackson Leader accepts only off-post announcements for those organizations or events that directly relate to service members and their families.

SUMMER DAY CAMP

Lake Carolina will offer a summer day camp for military children 9 a.m. to 3:30 p.m., Monday through June 15. To register, call 969-0388 or visit www.scomk.org.

SPIRIT OF AMERICA TOUR

The Army's Spirit of America tour will perform at the Colonial Life Arena Sept. 21 and 22.

DRILL SERGEANT REUNION

A reunion for drill sergeants and support staff assigned at Fort Jackson during the 1970s and 1980s is planned for June 15 and 16. For more information, call (785) 375-1433. or email rubyrobinson60@yahoo.com.

MARINES WANTED

The Marine Corps League, Detachment 829 is looking for Marines to join. For more information, email hhulett156@bell-south.net.

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt. Maloney Alfons
Company C
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pfc. Jean Smyth

SOLDIER OF THE CYCLE

Spc. Camethia Russell

HIGH APFT SCORE

Pvt. Joshua Sellers

HIGH BRM

Pvt. Anthony Barker



Staff Sgt. Joseph Brown
Company D
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pfc. Jeffery Salee

SOLDIER OF THE CYCLE

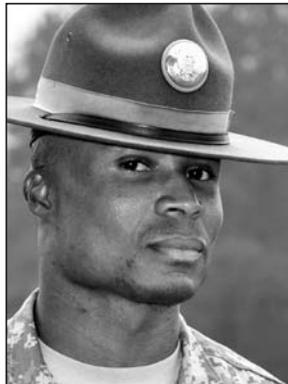
Pvt. Adam Swessel

HIGH APFT SCORE

Pfc. Jeffery Salee

HIGH BRM

Pfc. Ryan Pope



Staff Sgt. Romell Bourne
Company F
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Sgt. Nicholas Montisano

SOLDIER OF THE CYCLE

Pfc. Tucker Watkins

HIGH APFT SCORE

Pvt. Maximilian Brandt

HIGH BRM

Pvt. Kyle Raleigh

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT

Capt. Nina Cuevas

SERVICE SUPPORT

Leon Dugar

FAMILY SUPPORT

Christy Richardson

TRAINING SUPPORT

1st Lt. Chanell Prude

CADRE SUPPORT

Sgt. Anthony Wilson

Training honors



BONE



KRIEG



REEVES



IRWIN

Staff Sgt. Joshua Bone
Drill sergeant leader of the cycle
Drill Sergeant School

Staff Sgt. Clayton Krieg
Leadership award
Drill Sergeant School

Sgt. 1st Class Victoria Reeves
Distinguished honor graduate
Drill Sergeant School

Sgt. 1st Class Gary Irwin
Physical fitness award
Drill Sergeant School

Want more Fort Jackson news?



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

June Promotions

Name	Rank	Name	Rank	Name	Rank
COOK, Brian C.	COL	BROWN, Chad E.	CW3	GAEDTKE, Gregg D.	SGT
WALSH, Patrick M.	COL	WASHINGTON, Amy L.	CW2	WASHINGTON, Marquise	SGT
BROUGH, Angelique O.	LTC	FLEMINGS, Jeffrey S.	SFC	PEREZ, Frank S.	SGT
WILSON, Daisy A.	MAJ	LLOYD, Edwin E.	SFC	MARTINEZ, Oswaldo B.	SGT
THOMPSON, Jeremy M.	MAJ	HICKS, Derik B.	SSG	GRIFFITH, Shameka A.	SGT
LUDLOW, Spencer E.	MAJ	LEE, Dominique L.	SSG	MACK, Carl A.	SGT
CHEAGLE, Christopher E.	MAJ	BROOM, Eddie L.	SGT	NICHOLS, Donnie C.	SGT
BULLARD, Treasure J.	1LT	HOZEY, Vernon V.	SGT		

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the June 21 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the June 21 Leader must be submitted by June 14. Send your submissions to FJLeader@gmail.com.

For more information, call 751-7045.





Richland County Sheriff Department deputies scan windows during an active shooter exercise at C.C. Pinckney Elementary School Tuesday, as part of the Top Cop competition. The scenario required competitors to tactically identify, seek out and neutralize the shooter.

Photos by ANDREW McINTYRE,



Spc. Brian Williams, front, and Sgt. Jose Lopez, both with the 17th Military Police Detachment, tactically approach a hallway in search for an active shooter during a scenario at C.C. Pinckney Elementary School Tuesday.

COPS

Continued from Page 10

He said being able to include civilian law enforcement agencies was an added bonus.

“Civilian police bring a different edge to this competition,” Krohn said. “They have no idea as to what they are walking into when they get called, however when Military Police receive a call, we know the layout of the home we are walking into.”

On Tuesday, competitors braved the rain to navigate an obstacle course, participate in a stress fire exercise with shotguns and pistols and respond to a simulated active shooter scenario at C.C. Pinckney Elementary School.

The winners of the competition were chosen based on their abilities to successfully complete all scenarios with minimal discrepancies.

“It gives us the opportunity to exercise the many different events a military policeman, patrol man, law enforcement (officer), police man or sheriff might have to deal with in a situation,” said Col. Stephen Yackley, Fort Jackson’s deputy commanding officer.

Civilian law enforcement officers who participated qualified for the event by either completing a similar competition within their agency or by being selected by their unit, Yackley said.

The two-day competition not only gave the law enforcement agencies the opportunity to learn from each other, but also build long-term community relationships. This is the first year civilian law enforcement has been invited to participate in the competition.

Puckett and Norton described the competi-



Sgt. Cyrus Vaughn, 17th Military Police Detachment, plays the role of a battered husband in a domestic violence scenario Monday. Competitors were required to identify the attacker and victim to receive a satisfactory score.

tion as an opportunity to not only receive and give information to their military counterparts, but also to bond with one another.

“We both have over ten years experience,” Puckett said. “Coming out and being able to show these guys what we know and also learn something from these guys, something we might not know — you learn something new every day.”

“The teacher is sometimes the student. When we are building a strong bond between the local law enforcement and Military Police, it’s

always a win-win,” Puckett said. Norton said the domestic violence scenario was one that many officers will encounter. He said that although agency tactics are very similar, getting together during an event like Top Cop allows agencies to compare tactics to find out in what areas are they different.

“This is a great event and ... (It) just shows our bonds and great community relationship we have with the local community here in South Carolina,” Yackley said.

Andrew.R.McIntyre.civ@mail.mil

SSI honors



PANTOJA



SEYMORE



ROGERS



E. SMITH



R. SMITH



BROWN



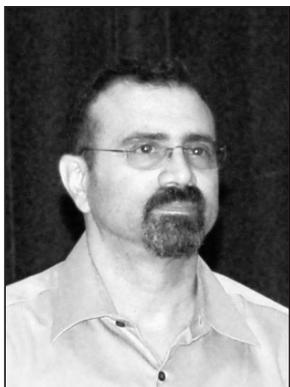
BOUCHARD



MORE



LEWIS



CRUZADO



WILCOX



CHANEY

Billy Pantoja
Civilian of the quarter
Soldier Support Institute

Hayward Seymore
Civilian of the quarter
Soldier Support Institute

**Chief Warrant Officer 3
Pamela Rogers**
Instructor of the quarter
Adjutant General School

**Sgt. 1st Class
Eric Smith**
Instructor of the quarter
Recruiting and Retention
School

**Air Force Tech. Sgt.
Russell Smith**
Instructor of the quarter
Postal School

Sharline Brown
Training developer
of the quarter
Soldier Support Institute

**Sgt. 1st Class
Cian Bouchard**
Army Achievement Medal
Soldier Support Institute

**Sgt. 1st Class
Mark More**
Army Achievement Medal
Soldier Support Institute

Scott Lewis
Army Achievement Medal
Soldier Support Institute

Gerald Cruzado
Army Achievement Medal
for Civilian Service
Soldier Support Institute

Steve Wilcox
Army Achievement Medal
for Civilian Service
Soldier Support Institute

Carol Chaney
Army Achievement Medal
for Civilian Service
Soldier Support Institute

Reckless words can 'pierce like a sword'

By **CHAPLAIN (CAPT.) SCOTT KING**
3rd Battalion, 13th Infantry Regiment

Do you remember the expression, "Sticks and stones may break my bones, but words can never hurt me?" This was said in response to the bullies and name-callers who hurled their insults and slurs out on the school playground. But I wonder if this rebuttal to the bullies really holds true. Do the hurtful things that are said to us, or about us, have no damaging effect?

So far, I've only broken one bone in my life — hopefully my first and last. I fractured the fourth metacarpal of my right hand while playing basketball. It hurt. I spent six weeks with a cast on my right hand and wrist, which was a real nuisance, but it healed-up just fine. I've had no problem with my hand as a result of that injury, and I rarely ever think about it.

On the other hand, no pun intended, I can still remember some of the hurtful words that were said to me as a child. I especially remember things that were said by people in authority over me — teachers, coaches, parents or grandparents. It can be a struggle at times to overcome some of the negative, critical, hurtful words that can cause us to feel insignificant, insufficient or inferior.

Even now, you may feel the lasting sting of a careless, unkind word thrown in your direction. Truthfully, I think I would rather get whacked with a stick. It hurts for a mo-

ment, and then the pain goes away. But hurtful words can have a lasting effect on our thoughts and emotions that, if unchecked, can hinder us from living at our full potential.

So, what's the point? Well, sticks and stones may break our bones, but words can certainly hurt us, and often with deeper scars and bruises. They have the potential to break one's spirit, will and confidence. That is why it is so important for us to use our words wisely.

We are told in Proverbs that "reckless words pierce like a sword, but the tongue of the wise brings healing" (12:18). Reckless words are often those we say in the heat of the moment — when angry, frustrated, or disappointed. We vent our emotions through a gunshot blast of words that can have a devastating effect on those in our line of fire, usually our family, friends or co-workers.

These hurtful words blurted out of emotion can "pierce like a sword." They have the potential to cut someone deeply, and create emotional wounds that can last a lifetime. That is why it is so important to be wise in how we speak

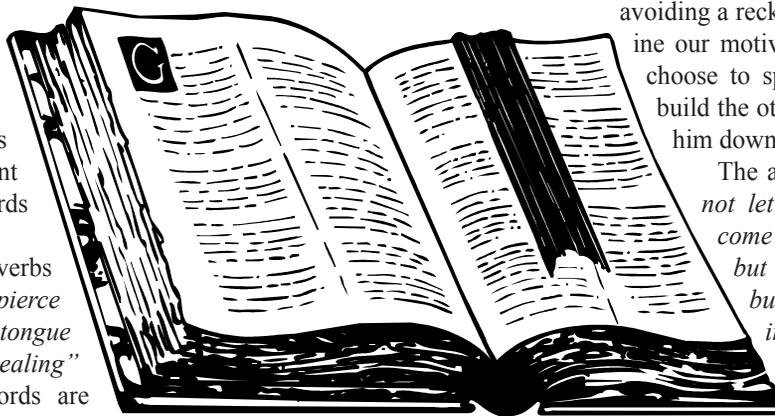
to each other. Simply taking time to cool down emotionally before sharing our thoughts with others can prevent us from piercing someone in a way we never intended.

Now, there are certainly times when we need to correct others, and hard words are necessary. But to do so wisely, avoiding a reckless jab, we must examine our motivation for the words we choose to speak. Is my purpose to build the other up, or simply to tear him down?

The apostle Paul writes, "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen" (Ephesians 4:29). Even when in-

involved in an argument or disagreement, we can choose to use our words in a manner that will benefit the other rather than simply cut him or her down in order to prove ourselves right at his or her expense.

Words are powerful, and they have the ability to inflict lasting damage when not handled properly. Like a sword, a weapon, we must use them wisely and skillfully so that we do not carelessly and recklessly wound others.



PROTESTANT

- Sunday
 - 9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
 - 9:30 a.m. Hispanic, Post Theater
 - 9:30 a.m. Main Post Chapel
 - 8:30 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (first service)
 - 10:15 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (second service)
 - 10:45 a.m. Sunday school, Main Post Chapel
 - 11 a.m. Memorial Chapel
 - 11 a.m. Chapel Next and Children's Church, Bayonet Chapel
- Wednesday
 - 6 p.m. Prayer service, Magruder Chapel

Protestant Bible Study

- Sunday
 - 9:30 a.m. Chapel Next Bible study, Bayonet Chapel
- Monday
 - 7 p.m. Women's Bible study (PWOC), Main Post Chapel
- Tuesday
 - 9:30 a.m. to noon Women's Bible study

- (PWOC), Main Post Chapel
- Wednesday
 - 6 p.m. Gospel prayer service, Daniel Circle Chapel
 - 7 p.m. Gospel Bible study, Daniel Circle Chapel
 - 7 p.m. LDS scripture study, Anderson Street Chapel
 - 11:30 a.m. to 12:45 p.m. Fresh Encounter Bible Study, Family Life and Resiliency Center (5460 Marion Ave., left of the POV lot)
- Saturday
 - 8 a.m. Men's prayer breakfast (PMOC), Main Post Chapel (every second Saturday of the month in the activity room)

Protestant Youth of the Chapel

- Sunday
 - 5 to 6:30 p.m. Club Beyond youth group, Main Post Chapel
- Saturday
 - 11 a.m. Daniel Circle Chapel youth group, Dorn VA Hospital (first Saturday of each month)

CATHOLIC

- Monday through Thursday
 - 11:30 a.m. Mass, Main Post Chapel
- Sunday
 - 9:30 a.m. CCD (September through May), Education Center
 - 9:30 a.m. Religious ed class for adults (September through May), Main Post Chapel
 - 9:30 a.m. Religious ed class for children (September through May), Main Post Chapel
 - 10:30 a.m. Reconciliation (after Mass or by appointment), Main Post Chapel

- 11 a.m. Mass (Main Post Chapel)
- 12:30 p.m. Catholic youth ministry, Main Post Chapel
- 7 p.m. Women's scripture study, Main Post Chapel

- Wednesday
 - 7 p.m. Rosary, Main Post Chapel
 - 7:30 p.m. RCIA/Adult inquiry (September through May), Main Post Chapel
- Friday
 - 11:30 a.m. Ladies of the parish, Main Post Chapel (first Friday of each month)

ANGLICAN/LITURGICAL

- Sunday
 - 8 a.m. Anderson Street Chapel

ISLAMIC

- Sunday
 - 8 to 10 a.m. Islamic studies, Main Post Chapel
- Friday
 - 1 to 2 p.m. Jumah services, Main Post Chapel

JEWISH

- Sunday
 - 9:30 to 10:30 a.m. Worship service, Memorial Chapel
 - 10:30 to 11:30 a.m. Jewish book study, Post Conference Room

LATTER DAY SAINTS

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

- Thursday
 - 7 to 8 p.m. LDS scripture study, Anderson Street Chapel

CHURCH OF CHRIST

- Sunday
 - 11:30 a.m. Anderson Street Chapel

ADDRESSES, PHONE NUMBERS

- Anderson Street Chapel**
2335 Anderson St., corner of Jackson Boulevard, 751-7032
- Bayonet Chapel**
9476 Kemper St., 751-6322/4542
- Daniel Circle Chapel**
3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478
- Education Center**
4581 Scales Ave.
- Family Life Chapel**
4580 Scales Ave, corner of Strom Thurmond Boulevard (inside of Main Post Chapel), 751-5780
- Magruder Chapel**
4360 Magruder Ave., 751-3883
- Main Post Chapel**
4580 Scales Ave., corner of Strom Thurmond Boulevard, 751-6469/6681
- McCrady Chapel (SCARNG)**
3820 McCrady Road (located at McCrady Training Center)
- Memorial Chapel**
4470 Jackson Blvd., 751-7324
- Warrior Chapel (120th AG Bn.)**
1895 Washington St., 751-5086/7427
- Installation Chaplain's Office**
4475 Gregg St., 751-3121/6318



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Local cyclists organize ride to thank post for safe roads

By **THERESA O'HAGAN**

Family and Morale, Welfare and Recreation

Cycling in South Carolina can be a dangerous activity. According to a recent report by the Alliance for Biking and Walking, South Carolina ranks 49th in the nation for bicycle safety.

Some cyclists in the Midlands have discovered the safety and beauty of Fort Jackson, and it has become a popular destination for them. A group of cyclists called "Cyclists 4 Soldiers" plans to spread that knowledge in an upcoming event on post.

"The consensus opinion from Cyclists 4 Soldiers is within the Midlands, if it were not for Fort Jackson, many riders would not be cycling," said Heather Sewell, a member of the group.

To thank the post for this gift, Cyclists 4 Soldiers put together the "Tour of Fort Jackson Awareness Ride and Gran Fondo Fun Race," which is scheduled for Father's Day, June 17, at 8 a.m.

"Tour of Fort Jackson describes the ride," Sewell said. "You get a mini tour of the post as you ride. (The term "awareness ride") was picked up to educate Midlands' community that cyclists ride at Fort Jackson and (the post) provides us the safest place to ride in the Midlands. Many civilians aren't aware where cyclists do a majority of their road biking."

The term, "gran fondo," is an Italian term used in the U.S. for

this type of race.

"Fun race" was added "to encourage riders at all levels to join and ride this great event," according to Sewell.

Cyclists 4 Soldiers aims to get 70 cyclists to participate. More than 60 cyclists have already registered for this ride that offers cyclist a choice of a 36-mile or 72-mile ride.

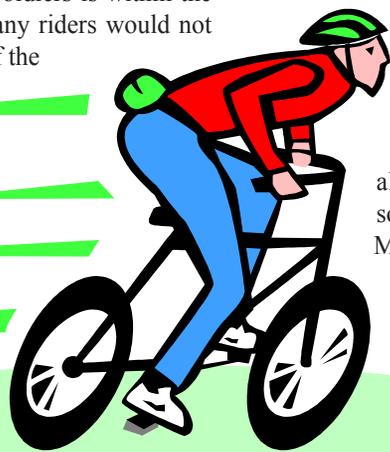
Fort Jackson ID card holders can register for this event at no cost. Those without ID cards can register up to the day of the ride. Those who register by June 16 pay \$30. After June 16, the cost is \$45.

The ride would not have been possible without the help of the Fort Jackson Community Recreation Division and, in particular, the Sports Office.

"I just want to say thank you to Family and Morale, Welfare, and Recreation associates who have all assisted with helping us make this event a success so far," Sewell said. "A special thank you goes out to Mike Elkins (director CRD) and Cindi Keene (intramural sports coordinator). They have been extremely supportive and have assisted us greatly. They have been phenomenal to work with to help make this event happen and have gone above and beyond the call for duty to help make this cycling event a success," Sewell said.

A portion of the cost for organizing the race was defrayed by the Forest Acres Cycling Team. The team also held a registration event with USA Cycling, provided the necessary licenses, and special commemorative "Victory Starts Here" camouflage socks for the riders, according to Sewell.

"Cyclists 4 Soldiers thanks the cycling community for help spreading the word about this event and making it a success,"



FMWR calendar

THURSDAY

- ☐ Visit **Century Lanes** for food, fun and bowling.
- ☐ **Victory Bingo**, 2 to 11 p.m.
- ☐ Sleepy Storytime at the **Post Library**, 6:30 to 7 p.m. Come in pajamas and go home ready for bed.
- ☐ **Magruder's Pub and Club** happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.

FRIDAY

- ☐ Look what I can do, **Thomas Lee Hall Library**. Call 751-5589 for more information.
- ☐ Visit **Thomas Lee Hall Library** for Mommy and Me, a lapsit program, starts at 11 a.m.
- ☐ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the seafood buffet.
- ☐ **Victory Bingo**, starts at 2 p.m.
- ☐ Dance to a variety of music provided by DJ Randall at **Magruder's Club**, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military. Every other Friday, sing along to Linda's Carraoke Karaoke. Be early for happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.
- ☐ Every Friday is Artistic Expression with Jake at 6:30 p.m. in the Teen Room at the **Youth Services Center**.

SATURDAY

- ☐ **Victory Bingo**, starts at 1 p.m.
- ☐ Step Team practice, 2 p.m., dance room at the **Youth Services Center**.

SUNDAY

- ☐ Enjoy a traditional Sunday brunch buffet at the **Officers' Club**, 11 a.m. to 1:30 p.m.
- ☐ **Victory Bingo**, starts at 10 a.m.
- ☐ Every Sunday is Family Day at the **Youth Center**, 2-6 p.m.

WEDNESDAY

- ☐ Victory Readers Club, 6 to 8 p.m., **Post Library**.
 - ☐ **4-H Club** meets 4 to 5 p.m; for grades 1-5. Call 751-1136 for information.
- For a full calendar of events, visit www.fortjacksonmwr.com.*

ONGOING OFFERS

- ☐ The Officers' Club specializes in wedding receptions, anniversaries, promotions and other special occasions. For more information, call 782-8761.
- ☐ The Officers' Club is open for lunch Tuesday through Friday, 11 a.m. to 1:30 p.m.
- ☐ Child, Youth and School Services provides child care and youth programming on Saturdays at no cost for active-duty parents who must work to meet mission requirements. Others requiring care may sign up, but will pay the usual hourly rate. All users must be signed up with Child, Youth and School Services. Registration is free at the Central Enrollment Office in the Joe E. Mann Center.



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Table tennis to debut at Fort Jackson

From Family and Morale, Welfare and Recreation

Table tennis will make its debut at Vanguard Gym beginning June 15. The world's second most popular sport can be played every Friday, from 6:30 to 8:45 p.m. Players of every skill level are encouraged to participate. Participants need to bring a racquet.

Since the introduction of table tennis as an Olympic Sport in 1988, this sport has evolved to be not only the most popular pastime, but also the fastest growing sport in the country.

Many people acknowledge table tennis as a recreational diversion played in basements for fun, at least in the United States, but know relatively little about the game. Yet in other circles, table tennis is appreciated as a highly-competitive sport, one that combines acute hand-eye coordination, a full range of body movement and quick reflexes.

There are more than 9,000 active members and more than 300 clubs in the U.S. affiliated with USA Table Tennis.

For those looking to step up their game, Joel Mitchell, South Carolina's Certified State Coach, and Staff Sgt. Robert Elliott, a nationally-rated player, will prepare players for competition. Both Elliott and Mitchell, an Army retiree, are also members of USATT, the governing body for the sport in the U.S.

Check hormones for weight loss success

Many of us have changed our approach to having a healthier lifestyle. However, some questions remain. One question is, “Why won’t that scale go down?”

So many of us struggle with the daily grind of eating right and exercising, and still progress is slow at best. So we change our workout intensity and strength level or we decide we are strong enough to handle a restricting diet as a jumpstart mechanism. Again, progress is made, but it might be minimal or temporary and the moment you ease up the scale quits moving.

Eating right and exercising have always gone hand in hand. If you are exercising and not changing your eating habits; your success results are limited. If you are eating right; and not exercising, the scale may go down some, but your body tone, muscle, texture, vibrancy, and overall conditioning is non-existent. We know that success rates are up when we exercise and eat right. What we may not know is that there is another culprit wreaking havoc on our healthier lifestyle efforts called hormones.

Hormones are vital chemical substances that exist in every human being. Think of hormones as “chemical messengers” that carry information and instructions from one group of cells to another. In the human body hormones influence almost every cell, organ and function.

Hormones are big dictators and have mega control. They regulate our growth, development, metabolism, tissue function, sexual function, reproduction, the way our bodies use food, the reaction of our bodies to emergencies and even our moods.

Because hormones have such authority, we need to understand them better so we can possibly use them as an assistant in our healthier lifestyle efforts. The first step is identifying the hormones.

Daniel Amen, neuroscientist and author of, “*Change your brain, change your body,*” recommends optimizing hormone levels through daily interval training, balancing insulin, sleeping well and lowering stress.

“For your brain to be right, your hormone levels have to be healthy,” Amen wrote in the book. “The neurotransmitter serotonin, which affects mood and appetite, needs proper estrogen levels to be optimal. There is a balancing act that each of us must identify (within ourselves. This is about us individually ... not us as a whole) to create our best internal makeup to reach our best external makeup. Think of this as ... when our insides look good; it shows on our outsides.”

More than 150 hormones circulate in our bloodstream at any given time. Each can signal different things to different parts of our bodies. The most influential one that regulates weight loss is the thyroid hormone. The thyroid hormone helps regulate metabolism and insulin, which allocates sugar in the bloodstream. In addition, the following hormones play a secondary, but important, role in making us eat out of control.

CORTISOL

Cortisol is often called the stress hormone. Stress can be a trigger for overeating; so what Cortisol does is kick up your appetite, making you crave sweets and simple carbohydrates. Caving in to this type of eating causes insulin levels to spike, then dive. This creates the cycle of sugar highs and lows.

LEPTIN AND GHRELIN

The hormone Leptin (from the Greek word for thin) signals us to stop eating if we are full. Its partner in

The Weigh It Is

By PAMELA LONG

*Fitness programmer,
Family and Morale, Welfare
and Recreation*



crime, Ghrelin (the only hunger hormone identified to date), counteracts Leptin and other hormones and tells the body it is time to be fed.

Unfortunately, the body cannot count on Leptin to switch on once it has gotten what it needs from food. A 2009 study at the University of Texas Southwestern Medical Center suggests that Leptin and Ghrelin play a role not just in energy eating (eat to live), but also in pleasure eating (live to eat).

ESTROGEN

Estrogen refers to a group of hormones that affect sexual function and reproduction, metabolism, mood, development growth, and tissue health and development.

Researchers have found a relationship between estrogen and weight, particularly during menopause when estrogen levels drop. Women in menopause should eat a healthier diet and become more committed to daily exercise to help the metabolism make up for the loss of estrogen.

TESTOSTERONE

Testosterone is an important hormone in both men and women. Testosterone maintains muscle tone, muscle volume and muscle strength. It increases the basal metabolic rate (metabolism), decreases body fat, and produces feelings of confidence. It is produced by the ovaries in women and by the testes in men.

Women have about 1/10th the amount of testosterone produced by men. Production of testosterone in women begins to decline with the onset of menopause. In men, it begins to decline in their forties. For men and women, testosterone levels can increase with exercise, beginning about 20 minutes into an exercise session. Blood levels may remain elevated for one to three hours after exercise.

THYROID

Unexpected weight gain or difficulty losing weight may be one of the first noticeable signs of hypothyroidism (a sluggish thyroid). The thyroid has a major influence on weight balancing struggles. Reduced thyroid function may be the result of the thyroid’s impaired ability to produce hormones, or the body may have difficulty using the thyroid hormones.

Either way, problems with the thyroid hormone may cause the rate at which the body uses nutrients to slow down. If you believe you have an underactive thyroid, please see your physician for proper testing and diag-

nosis.

INSULIN

Insulin is an important hormone used in balancing and decreasing the blood levels of glucose (blood sugar,) as well as directing glucose, fatty acids and amino acids into the cells. Insulin secretion is governed by the pancreas, a small organ located in the upper abdomen next to the small intestine. Insulin production increases in response to a rise in blood sugar, which usually happens after a meal.

Typically, the larger the meal, or the larger the quantity of simple sugars consumed; the larger the insulin responds (spikes). This is why it is best to eat small frequent meals and limit consumption of sugar and processed breads, pasta and rice. The whole grain (non-processed) versions of those products are much healthier choices. They contain more fiber so they digest and enter the blood stream at a healthier, more leveled pace.

Blood levels of insulin begin to decrease about 10 minutes into an aerobic exercise session. The decrease continues for about 70 minutes of exercise. Regular exercise also increases a cell’s sensitivity to insulin at rest, so that less is needed. This means the body slows down the rate at which glucose is absorbed into its cells. This makes the pace more balanced so the pancreas does not have to work overtime to keep up with the demands of unhealthy eating and lack of regular exercise.

A balanced course of action is needed to align hormones to work in our favor. At the heart of this alignment is healthy eating and exercise.

□ To help control the flow of insulin into the blood stream, meals should include lean protein and fiber with a giant restriction on simple sugar carbohydrates. Eating four to six small meals throughout the day helps balance metabolism.

□ Exercise regularly. Exercise should include not just treadmills and zumba. The body needs strength conditioning, which alters the stress hormone Cortisol. This will help burn more calories. It is recommended to exercise at least five days a week for one hour, but if you can, do it daily.

□ Keep your stress in check by practicing yoga or getting a massage on a regular basis. Make a something that you love that relaxes

point to do you.

□ Get rest. Sleeping is a vital player in healthy weight and healthy eating. Sleeping less signals the hormone Ghrelin to rise (telling us to feed) while the hormone Leptin lowers (telling us we are full).

Growing older and hormones taking on a mind of their own are processes that cannot be avoided. However, we can do our part to make each transition as smooth as possible through understanding, and actively living a healthier lifestyle.

