

THURSDAY, MAY 21, 2015

THE FORT JACKSON LEADER

PUBLISHED FOR THE FORT JACKSON/COMMUNITY

★ POLICE, DEPUTIES
TEAM UP FOR
TRAINING EXERCISE

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'NEVER TOO LATE'

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NEWS

Mark Milley chosen to be next Army chief of staff

By C. TODD LOPEZ
Army News Service

WASHINGTON — President Barack Obama has nominated Gen. Mark Milley, commander of U.S. Army Forces Command, to serve as the new Army chief of staff. Milley would replace Gen. Ray Odierno, who is expected to retire in August.

If confirmed by the U.S. Senate, Milley would be the 39th Army chief of staff.

“Gen. Mark Milley (is a) warrior and a statesman,” Defense Secretary Ash Carter said in announcing the appointment. “He not only has plenty of operational and joint experience — in Afghanistan, in Iraq and on the Joint Staff — but he also has the intellect and vision to lead change throughout the Army.

“When he was in Afghanistan as commanding general of International Security Assistance Force-Joint Command, I had a lot of opportunities to observe Mark on the ground, leading our coalition of allies and partners, and helping the Afghan people prepare to take responsibility for their own security.”

Milley is the 21st commander of U.S. Army Forces Command, a position he assumed in August 2014. In that role, he is responsible for preparing conventional forces to provide a sustained flow of trained and ready land power to combatant commanders.

“Our No. 1 task is readiness,” Milley said of FORSCOM. “Readiness — the ability to conduct a range of military operations, from humanitarian assistance to combat operations — is FORSCOM’s top priority.”

Milley said the Army had really only two tasks: to fight a war, or to prepare to fight a war.

That, he said, “means training. It means manning. It means equipping. It means leading.”

If confirmed as chief of staff, Milley would continue to be responsible for training, equipping and sustaining the Army, something Army Secretary John M. McHugh said the general was well suited to do.

“I’ve known Gen. Mark Milley since his earliest days commanding at the 10th Mountain Division at Fort Drum, New York,” McHugh said. “I’ve watched him lead Soldiers overseas ... as well as at home.

“At all times, he has led with distinction in both war and peace.”



Then Lt. Gen. Mark Milley, III Corps and Fort Hood commanding general, and Command Sgt. Maj. Scott Schroeder, III Corps and Fort Hood command sergeant major, furl the III Corps flag during a colors-casing ceremony outside III Corps Headquarters on Fort Hood in 2013.

Milley’s education includes a bachelor’s degree in political science from Princeton University, master’s degrees from Columbia University (international relations), and from the U.S. Naval War College (national security and strategic studies). He is also a graduate of the MIT Seminar XXI National Security Studies Program.

He has commanded the 1st Battalion, 506th Infantry in Korea; the 2nd Brigade, 10th Mountain Division, on Fort Drum, New York, where he later became the division commander; and III Corps on Fort Hood, Texas.

He also has served on the joint staff, as a military assistant to the defense secretary.

While serving as commanding general of III Corps, he deployed to Afghanistan as the commanding general, International Security Assistance Force Joint Command, and deputy commanding general, U.S. Forces-Afghanistan.



ON THE COVER

Photo by JENNIFER STRIDE

New Soldiers greet Vietnam Veterans on Saturday during the Welcome Home parade at Hilton Field.

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Photo by ROBERT TIMMONS

Maj. Gen. Bradley Becker helps Pvt. Chris Walker find the name of his grandfather on the Moving Wall. Walker said it was cool that Becker singled him out for help. The Moving Wall, a half-sized replica of the Vietnam Veterans Memorial in Washington, D.C., was on post last week.

'I lost too many friends'

Tears, cheers punctuate Vietnam vets' welcome home

By ROBERT TIMMONS
Fort Jackson Leader

It took 50 years, but Vietnam veterans attending Victory Week celebrations finally received the "welcome home" they missed when they returned from Southeast Asia.

Saturday's celebrations included a replica of the Vietnam Veterans Memorial in Washington, the "LZ Victor" firebase complete with vintage Army vehicles and a parade whose spectators included thousands of recruits too young to remember the war.

Retired Sgt. 1st Class Leudes "Lue" Arieta served two tours with the 1st Infantry Division in Vietnam and had been unable to view the wall in Washington because it brought to many bad memories — memories so traumatic that they sent him to the hospital.

"I was trembling like a leaf to get close to the wall," said Arieta, a twice-wounded veteran said. "It was hard. I was still crying.

"I lost too many friends back then."



Photo by JENNIFER STRIDE

Carol McCoy, Human Resources Specialist for the G1 and Command Staff, reads names from The Moving Wall during Saturday night's ceremony at Hilton Field.



Victory Week by the numbers

230

volunteers who read names, helped visitors at Moving Wall

61

hours it took to read aloud names on wall

58,228

names on Moving Wall

3,000

number of BCT Soldiers who visited LZ Victor firebase, Moving Wall

400-500

veterans who visited firebase, Moving Wall

100

Vietnam veterans who participated in "welcome home" parade

2,000

veterans, family members who attended closing ceremonies

6,000

number of concertgoers who listened to Billy Currington

Fort Jackson Sustainability EXPO

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

About the Expo

A Green Procurement Program Event

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

Workshops

Ms. Beth Martin, US Army Public Health

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

Times: 0945, 1030, 1115

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



Photo by JENNIFER STRIDE

Capt. Thomas Presley, right, and Staff Sgt. Michael Wentz compete in a stress-fire shoot, aiming their M16 rifles at targets during the Victory Week Buddy Team Assault competition May 15.

“Going to a graveyard is depressing, but this place is uplifting.” — Retired Maj. Gen. Steve Siegfried



Photo by ROBERT TIMMONS

Anchor David Jeffries of Headquarters, Headquarters Company, 165th Infantry Brigade digs in as he pulls the rope during his team’s tug-of-war victory on Hilton Field last Friday.

Veterans

Continued from Page 3

Visiting the wall brought Pvt. Chris Walker — in his second week of basic training with Fox Company, 1st Battalion, 13th Infantry Regiment — closer to his grandfather. It also introduced him to the first general he met in the Army.

“It was really cool,” he said after Fort Jackson commander Maj. Gen. Bradley Becker helped him find his grandfather’s name on the wall. Becker, the son of a Vietnam veteran, used a book listing all 58,000 names and their locations on the wall.

“I didn’t know at all what (visiting the wall) was going to be like,” Walker said. “It lets people know how much they sacrificed for us.”

Retired Maj. Gen. Steve Siegfried, vice chairman of Honor Flight, S.C., and former Fort Jackson commanding general, called the wall gorgeous and applauded Fort Jackson for bringing it to Columbia.

“What makes it gorgeous is the names on it,” he said. Some might find the wall a somber experience, but Siegfried said it was anything but.

“Going to a graveyard is depressing,” he said, “but this place is uplifting.”



Photo by PFC JACOB BRACKETT

Soldiers in training whoop it up at the Billy Currington concert at Hilton Field on Saturday. After a day of moving from one place to stand to another, they finally were able to let loose.



Photo by CHRISTINE SCHWEICKERT

Staff Sgt. Anna Maria Velasquez of Headquarters, Headquarters Company, 187th Ordnance Battalion tells Henry Pringle of New York the work she did to restore a 1967 Mercury Cougar hardtop to its former glory.



Photo by ROBERT TIMMONS

Visitors to the Moving Wall make a pencil etching of a name before the May 14 opening ceremony at Fort Jackson's Hilton Field. The Moving Wall, a replica of the Vietnam Veterans Memorial in Washington, D.C., travels around the country, allowing those who can't get to the nation's capital to see it.

Victory

Continued from Page 8

Frank White, president of the South Carolina Chapter of the Vietnam Veterans of America, called the wall a reminder of the scale of the war that stirred memories of those “brothers and sisters” who did not return.

Community members also found the welcome home celebration and wall touching.

Dianne Magee, a volunteer from Clearwater, Fla., was visiting her daughter in Columbia when she heard the Moving Wall was coming to Fort Jackson. As she has before, she volunteered to read aloud the names of the fallen.

“I have read the names in Washington a couple times because one of my friends is on it,” Magee said as she helped Initial Entry Soldiers find names on the wall.

If visits to the wall tended to be somber, Saturday’s parade leaned more toward the raucous.

As veterans rode Vietnam-era military vehicles to Hilton Field, crowds lining the route joyously and loudly saluted them.

At Hilton Field, Becker personally welcomed them home.

The celebration also included flyovers by F-16s and an AH-1 Cobra helicopter, a parachute demonstration and a replica firebase.

At the firebase, volunteers answered questions from veterans, Soldiers and civilians about period vehicles, lodging and weapons. The mock firebase comprised a guard tower, an ambulance and weapons carriers, and a tent equipped with cots in rows.

Larry Robb, wearing the olive drab of the Vietnam era, helped visitors negotiate the firebase. But Robb, who retired as a master sergeant after 38 years in the Army, didn’t crave authenticity enough to spend his nights with the other firebase volunteers.

“I had enough sleeping in a tent,” he said wryly.

“It used to be I totally avoided all of this,” he said, gesturing to the vehicles surrounding him. “Vietnam was a hundred years ago, and that’s the way I liked to keep it.

“I never should have survived,” he said, recalling being set down in country just in time for the Tet offensive, a coordinated series of fierce attacks by 70,000 North Vietnamese and Viet Cong on more than 100 cities and towns in South Vietnam.

But he lasted three years, coming home alive.

Robb paused a moment to listen as a company of basic-training soldiers strode by, calling a cadence that included the exhortation to “kill the enemy.”

“The faces change,” he said quietly, “but the song stays the same.”

Information from staff writers Jennifer Stride and Christine Schweickert was included in this report.



Photos by JENNIFER STRIDE

A member of the Special Forces Association Parachute Team jumps onto Hilton Field with the American flag kicking off Saturday’s Vietnam veterans’ recognition ceremony.

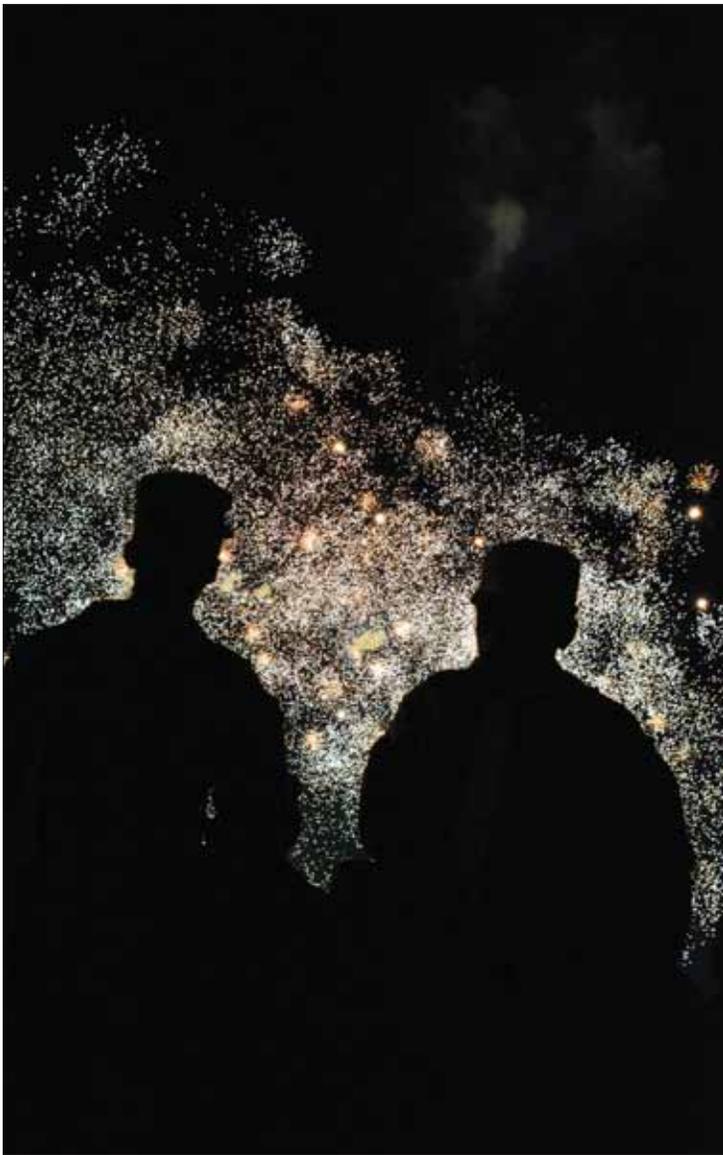
“I never should have survived.” — Larry Robb, Vietnam veteran



Soldiers return to Hilton Field at the end of a postwide run on May 14. Maj. Gen. Bradley Becker led the run alongside Command Sgt. Maj. William Hain.

Honor and Remember

Victory Week ranges from party to poignant



Soldiers watch fireworks burst over Hilton Field on Saturday, at the end of Victory Week. Roughly 6,000 people were in the stands for the closing event.

Photos by JENNIFER STRIDE



Staff Sgt. Michael Wentz carries sandbags up a steep hill during the Victory Week Buddy Team Assault competition on May 15. Wentz, who already had run and completed a confidence course, showed the stress of the day.

By CHRISTINE SCHWEICKERT
Fort Jackson Leader

Victory Week began with grunting, sweaty athletes and ended with the flash and flare of fireworks set to country music. And through it all ran the strain of a celebration 50 years in the making.

The four-day event conflated three key elements — a second-annual open house meant to expose the public to what Fort Jackson has to offer, a retiree appreciation day for veterans and former Defense Department civilian employees, and a celebration to welcome home Vietnam veterans, many of whom had trained at Fort Jackson.

“This is the first one I’ve ever been to,” ex-Marine Frank Donnells of St. George said on Saturday. “It’s fantastic.”

Firebase forges solidarity

Dane Coffman brought his military ambulance to LZ Victor, the Vietnam firebase set up near Hilton Field. He also wore his old dog tags — he still knows the number by heart — and the boots he was issued for basic training. He said his underwear was original, too, but admitted with a grin that he was joking.

During the Vietnam era, “buck sergeant” Coffman was sent to Germany as a Cold War combatant ordered to keep the Soviets out of Czechoslovakia. He loves the vehicles of the era and shares a feeling of camaraderie for those who served half a world away.

When he found the ambulance, he remembers, he asked his wife whether he could buy it. She said wryly, “If you can sleep in it.” He reckoned he could sleep in it, and the purchase was made.

With a handful of fellow vets, Coffman slept at LZ Victor each night of Victory Week, under the “command” of former Army Capt. Dave Cartledge, president of the Military Collectors of South Carolina and Museum. Cartledge, a former Ranger, did not go to Vietnam but was at the firebase to honor those who did — including the soldier whose name was on his POW

bracelet.

Champion still wears the bracelet because the soldier never has come home. The simple silver-colored band has oxidized to a brassy color that has not obscured the name engraved there: Staff Sgt. James A. Champion.

From junk comes a treasure

Renee Kaur remembers when her housemate, Staff Sgt. Anna Maria Velasquez, bought a decrepit 1967 Mercury Cougar.

“You’re not bringing that in our house,” she exclaimed. “We’re not ‘Sanford and Son,’” a 1970s sitcom set in a junkyard.

But bring it home Velasquez did. Then she worked on it for the next 10 years — in the times between seven deployments. A mechanic for the Headquarters, Headquarters Command 187th Ordnance Battalion, Velasquez doesn’t sit at home much.

Six months ago, she finished her work on the car.

See HONOR: Page 12



Anthony Saxton, wearing a Vietnam-era Army uniform in his father’s honor, walks his family along the Moving Wall at Hilton Field on Saturday. Saxton also drove in the veterans’ parade.



Photo by ROBERT TIMMONS

Ron McManus, a re-enactor with Military Timeline Impressions, discusses the use of a K-Bar knife with Pvt. William Whiteman from Alpha Company, 3rd Battalion, 34th Infantry Regiment. McManus was part of a group who recreated a Vietnam-era firebase on Hilton Field.

Honor

Continued from Page 11

The Cougar, a sparkling deep blue, two-door hardtop, drew a good deal of attention during Saturday morning's car show, which also included two reconditioned Pontiac GTOs, a glamorous green Ford Fairlane and a cherry-red Chevy Chevelle.

Once a tunnel rat, always a vet

C.W. Bowman of Irmo was an Army tunnel rat in Vietnam, a Soldier sent into the labyrinthine underground networks dug by the Viet Cong.

"I was short and thin" back then, he said Saturday during a visit to the Moving Wall. "Now I'm short and fat."

Bowman shared a black-and-white photo of himself in the book "The Vietnam Experience: America Takes Over." In the photo, he emerges, shirtless, from a tunnel. On his arm is a more brilliant version of the tattoo that peeks out of his shirt from his right bicep.

Vets find reunion to savor

William Jones sampled the chicken and lemonade offered to retirees at the Solomon Center on Saturday. Behind him, other retirees gathered up pamphlets and free Delicious apples, and checked their blood pressure.

"This is a lot different from what we got when we came home from Vietnam" in 1968, he said. Then, Soldiers were told they would meet a rude reception and were ordered not to retaliate for fear of being locked up.



Photo by CHRISTINE SCHWEICKERT

John Smith of Columbia waits warily while the sphygmomanometer determines his blood pressure at Retiree Appreciation Day in the Solomon Center.

It didn't seem right, Jones said, that the people "we were fighting for in Vietnam were spitting on us." Jones was an ammunition supplier in Da Nang in 1967 and '68.

Tablemate Ray Ekseth served in the Marines a couple of years later than Jones did in the Army but had much the same experience.

"I turned 21 over there," Ekseth remembered. "When Woodstock was going on, I was there" in Vietnam.

When he came home, people asked, "Where'd you get your tan?"

"On the west coast," he would answer vaguely.

"I wasn't lying," he said with a grin. "It was on the west coast – just a little bit farther."

Vet has own personal parade

Allen Hicks, who served with 4th Battalion, 4th Marines in Vietnam, got an unscheduled trip around Fort Jackson when he stepped onto the wrong bus.

Hicks initially thought he was on the bus to the start of the homecoming parade but later found out he was on the post shuttle.

"My family put me on the wrong bus," he said jokingly. "I got to see an up-close tour of the base."

When Hicks's family didn't see him in the parade, they began to worry. They found him safe and sound, sitting in the bleachers at Hilton Field, watching the festivities.

'It's never too late'

Anthony Saxton, wearing a Vietnam-era Army uniform in his father's honor, drove Vietnam veterans in Saturday's parade.

"I was a driver and had a Marine vet sitting next to me," he said. "He was crying and said, 'Some say it's too late, but it's never too late for me. This (seeing the soldiers cheering) really means a lot to me.'"

Saxton took his children to see the Moving Wall to explain to them that some of the people on the wall were their grandfather's friends.

Information from staff writers Robert Timmons and Jennifer Stride was included in this report.

Lightning Force couples keep spark in marriage

From staff reports

Strong Bonds marriage training helped 14 couples work on their relationships during a recent retreat at North Myrtle Beach.

Chaplain Matthew Madison of the 165th Brigade, 1st Battalion, 34th Infantry Regiment, led the sessions using the Strong Bonds curriculum, an Army program designed to assist commanders in building, strengthening, preserving and restoring Army Families.

For the event, the Lightning Battalion couples learned how to use the “8 Habits of a Successful Marriage” by author Stephen Covey to build strong character, implement effective communication and strengthen companionship in their marriages.

The brigade provided lodging, meals and child care for the couples, allowing them to focus on time together.

Even though Tropical Storm Ana hit May 9, Families enjoyed swimming pools, the beach and local attractions during afternoon free time before the rains came.

One couple said they would recommend Strong Bonds to others: “This is our third Strong Bonds retreat. We always get more out of each one.”

To participate Strong Bonds training, Soldiers should contact their unit chaplain.



Courtesy photo

Capt. Timmy Watts and his wife, Necole, practice ‘talking stick’ communication, which helps couples work on speaking and listening to gain understanding.

National briefs

TRICARE screens compounded drugs

Express Scripts, the TRICARE pharmacy contractor, has begun screening the ingredients in all compound-drug claims to ensure they are safe and effective, and covered by TRICARE. The screening is like the one TRICARE uses for other prescription drugs.

Compound drugs are a combination of drugs or ingredients prepared by a pharmacist for a patient's individual medical needs.

Some compound drugs contain ingredients with limited or no evidence to prove they are safe and effective. These often are topically applied pain or scar creams, which can include combinations of potent painkillers, muscle relaxants, anticonvulsants, anti-inflammatories and other ingredients.

The Military Health System has found a lack of evidence to demonstrate how these ingredients interact with one another when applied topically.

WWI vets to receive Medals of Honor

President Barack Obama has announced that he will award Medals of Honor to two World War I Soldiers previously overlooked for the nation's highest military award for valor.

Then-Pvt. William Henry Johnson of the 369th Infantry Regiment — known as the

Harlem Hellfighters — and Sgt. William Shemin of the 4th Infantry Division will receive the award posthumously at a White House ceremony June 2.

■ Johnson, who was African-American, was awarded France's top military honor for valor after fighting off a German raiding party using his bowie knife. It was eight decades later when he was awarded a Purple Heart and Distinguished Service Cross.

■ Shemin, who was Jewish, repeatedly exposed himself to enemy fire to rescue wounded troops during combat operations in France on Aug. 7-9, 1918. After platoon leaders had become casualties, Shemin took command and displayed initiative under fire, until he was wounded by shrapnel and a machine-gun bullet.

Design plans sought for WWI monument

The U.S. World War I Centennial Commission has opened a competition to design a national memorial to be built in Washington, D.C.

The memorial will be in Pershing Park, on Pennsylvania Avenue between 14th and 15th streets northwest. It will honor Americans who fought in the so-called Great War between April 7, 1917, and Nov. 11, 1918. The U.S. military suffered 116,516 deaths during the war.

Submission deadline for the contest is July 21. Finalists will be announced Aug. 4.

For information, visit <http://bit.ly/1FBhWZr>.

SUBMISSION GUIDELINES

Send all submissions to FJLeader@gmail.com.

Deadline for events to be included in Happenings is one week before publication. Include the time, date and place the event will take place, as well as any other information you might deem necessary.

If you submit an article on an event that already has taken place, please send it as soon as possible. Tuesday is the last day we will be able to publish an article for the following Thursday. Include the date and place of the event, as well as a description of what took place. Please include quotations, if possible. With any photo you submit, include IDs — including rank, unit and first and last names.

Questions? Call 751-7045.



Post briefs

Senior warrant officer to visit Fort Jackson

The Army's first Army staff senior warrant officer will visit Fort Jackson on Wednesday.

Chief Warrant Officer 5 David Williams will speak at 9 a.m. at the Soldier Support Institute Auditorium to brief warrant officers on ongoing Army initiatives. Among his topics will be training and leadership development, officer backlogs and the education of warrant officers.

Change of command scheduled for 2-13th

Lt. Col. Robert Murphy will relinquish command of the 2nd Battalion, 13th Regiment to Lt. Col. Christopher Altavilla on Wednesday. The ceremony will be at 9 a.m. at Victory Field.

Weston Lake to open with Beach Bash

Weston Lake will inaugurate its summer season with a Beach Bash from 11 a.m. to 5 p.m. Saturday.

Admission will be \$1 for those 4 to 9 and \$3 for those 10 and older.

Each car will receive a ticket for raffle giveaways. Paddle boats, kayaks and canoes will be available to rent, and food available for purchase.

The entrance to Weston Lake is on Leesburg Road between Gate 5 and the McGrady Army Reserve Center.

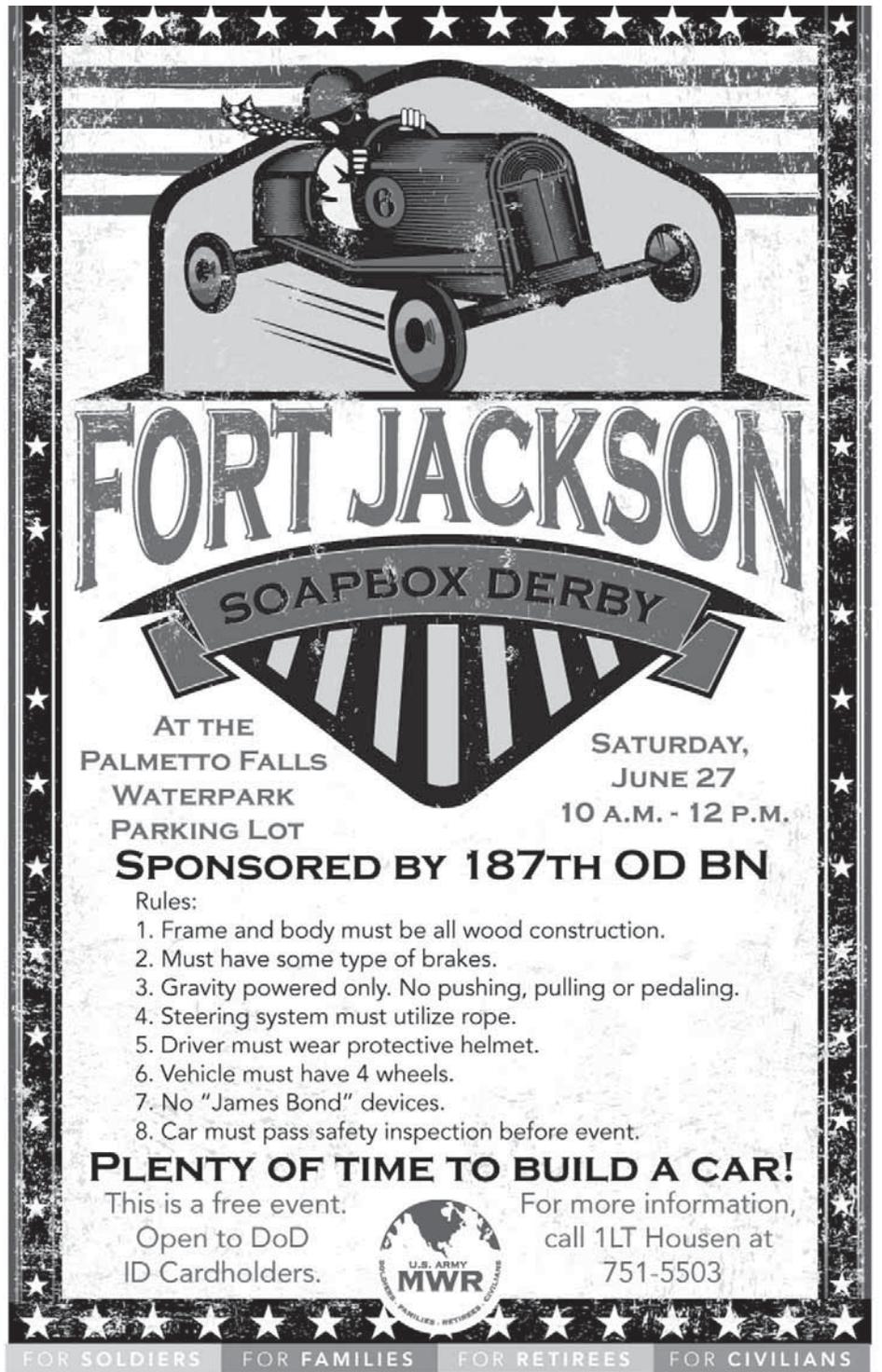
Wreath-laying to honor those who died serving

Maj. Gen. Bradley Becker will speak at a wreath-laying ceremony on Memorial Day. The ceremony will begin at 9 a.m. at the Fort Jackson National Cemetery, 4170 Percival Road. The cemetery entrance lies at the intersection of Percival and Clemson Roads.

The ceremony will be open to the public.

AAFES named a leader in hiring veterans

Military Times has named the Army & Air Force Exchange Service a Best for Vets employer for the second consecutive year. The publication recognized the exchange for its commitment to providing jobs for veterans, naming it No. 28 among top employers. Veterans make up 10 percent of the Exchange workforce of about 35,500. In 2014, the Exchange hired more than 1,200 veterans.



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Moving? Don't forget to update your TSP account

By **KISHA A. TAYLOR**

Federal Retirement Thrift Investment Board

How many times has your address changed since you've started contributing to the TSP?

If you're like many of your fellow service members, you probably have PCS'ed more than a few times. With all of the chaos that comes with relocating, changing the mailing address associated with your TSP account may not be at the top of your list. It's important, though, that you update the TSP section of your myPay account each time your address changes so that you will continue to receive correspondence from the TSP.

You should verify that the TSP has your current address by calling the TSP ThriftLine — 877-968-3778 — or by checking your statements on the My Account section of the TSP website, at tsp.gov. Be sure to check information such as the house or unit number, and the spellings of the street and city names.

These simple steps will reduce errors and save you time and frustration.

If the information on file is not valid or old, you risk



If you forget your web password, you may request a new one at tsp.gov. The new password will be mailed to you. Or you may call 1-877-968-3778, choose option 3 to speak to a participant service representative and request that your password be reset.

not being able to gain access to your account.

Let's say you're about to deploy and you realize you've forgotten the password to your TSP account. You request a new one with the hope that it will reach you before you leave. The TSP sends your replacement password to the address on record — the old address of your first duty station — and you deploy without having received it. This could make it extremely difficult to move money or even view your account while you're away.

To avoid these risks and prevent missing out on important TSP communications, update your TSP address:

- While you are active, going to the TSP section of myPay is the quickest and easiest way to update your

TSP mailing address. You should know that the "Correspondence Address" section of myPay will not update your information with the TSP. You must go to the TSP section of myPay in order to change your TSP address.

- If you are separated from service, you can view and change your address by logging into the My Account section of the TSP website or completing and printing a Form TSP-9, Change in Address for Separated Participant, to submit by mail or fax.

Whether you relocate down the block, across the country or to another part of the world, keep in touch. It may seem minor, but maintaining a current address is key to staying connected to your TSP retirement savings account.



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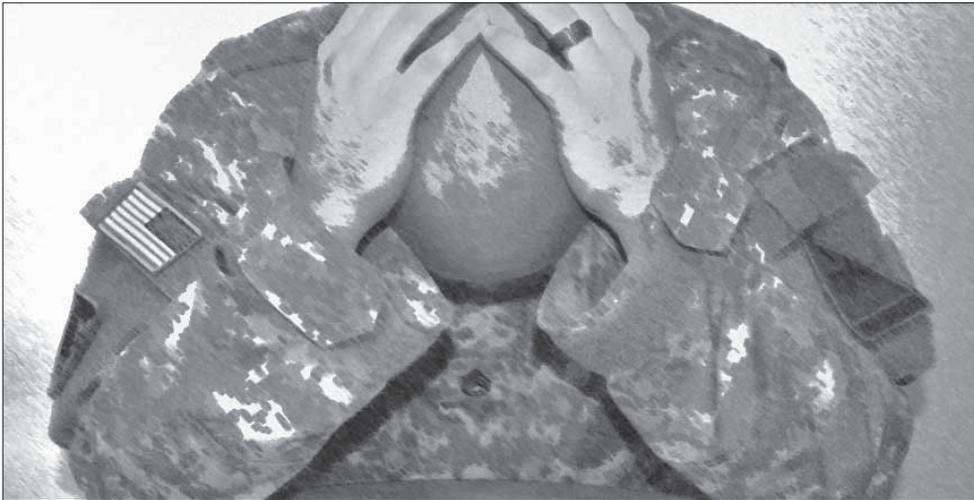


Photo by PHOTO ILLUSTRATION BY JENNIFER CLAMPET, USAG WIESBADEN PUBLIC AFFAIRS

The U.S. military offers several innovative programs designed to encourage Soldiers and families to seek help when dealing with Post Traumatic Stress Disorder, depression and other issues.

Show courage by taking charge of your mental well-being, too

Talking to a health-care provider about your psychological health is an important step toward improving your overall health.

It may be difficult to talk about your experiences if you have been through trauma or other challenges, but a health-care provider can help you understand your feelings and maintain your mental fitness.

Following are tips to help you choose a provider, prepare for your first appointment and make the most of your visit.

Choosing a provider

Finding a professional you are comfortable with can help you have a positive experience. If the first provider you meet is not right for you, keep looking. A psychological health-care professional should:

- Respect you and your feelings.
- Allow you to express yourself.
- Understand that you may need time before you are ready to talk.
- Talk to you about a plan to help address your concerns.

Preparing for Your First Appointment

Keep track of any feelings or symptoms you experience with as much detail as possible, such as:

- How long the feeling or symptom lasts.
- Triggers — events, experiences or thoughts — that make your symptoms worse and what you do to make them better.

List your medical information. Include any:

- Physical or psychological concerns.
- Names and dosage of medications or supplements.

Write down important personal information, including:

- Family members with psychological health concerns.
- Significant life changes.
- Traumatic events

During your appointment

Answer questions honestly. You may be asked:

- Have you ever experienced a traumatic event? How long ago?
- Are you always on alert or easily scared? At

Mental-health services are available to TRICARE beneficiaries during times of stress, depression, grief or anxiety. Counseling, psychotherapy and family therapy are all covered.

The first eight appointments with a TRICARE-authorized provider do not require a primary care manager referral, just your military ID. You will, however, need prior authorization for the ninth and successive appointments. All appointments with pastoral counselors and supervised mental-health counselors must have prior authorization.

Learn more about TRICARE mental-health benefits on the covered treatments page in the Mental Health Care section of the TRICARE website.

what times?

- Do you often feel irritable or angry? How often?
- Do you drink alcohol or misuse substances? How often?
- Do you have any thoughts about harming yourself or ending your life?

Ask questions. Examples include:

- What's causing my symptoms?
- What treatments, if any, do you recommend?
- Where can I find more information about coping with my symptoms?

Take along someone you trust or keep notes. Your provider may give you a lot of information during your first appointment. You may feel overwhelmed, which can make it hard to remember all that was said. Ask a family member or friend to go with you or plan to take notes to keep track of all the information you receive.

Talking about your psychological health can be challenging, but getting help early can improve your chances of a full recovery. Reaching out is a sign of strength.

If you or a loved one needs additional support, contact the Defense Centers of Excellence Outreach Center to speak confidentially with trained health-resource consultants 24/7 by calling 866-966-1020 or by emailing resources@dcoeoutreach.org.

Mental illness can affect children, too

Their stressors or behaviors may be different, but children can experience mental illness and require professional help.

According to the National Institute of Mental Health, half of all cases of mental illness begin by age 14.

When a child suffers a mental illness, he begins to behave differently. Very young children often cannot express their thoughts and feelings, so making a diagnosis can be challenging.

The signs of mental illness in a young child may be quite different from those in an older child or adult. Common disorders affecting children include anxiety disorders, attention deficit hyperactivity disorder, autism spectrum disorder, bipolar disorder, depression, eating disorders and schizophrenia.

Even though we know how to treat many disorders, many children with mental illnesses do not receive treatment.

If you notice worrisome behavior at home, ask your child's teacher whether he or she has noticed similar behavior. Talk to your child's doctor to ask whether your child needs evaluation by a specialist with experience in child mental health and behavior.

Everyday stressors can cause changes in your child's mood and behavior. Pay special attention to certain symptoms and behaviors, such as sudden changes in appetite or sleep; problems at school, at home or with peers; and fearful behavior toward things thing your child normally is not afraid of.

For a more comprehensive list of problem symptoms and behaviors and a list of questions that might help you determine whether you should seek help for your child, download the document "Treatment of Children with Mental Illness: FAQs" at <http://1.usa.gov/1HhdY33>.



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Adrenaline flows as post police prepare for worst case

“The idea here is speed, surprise, surprise and violence of action.”

— Cpl. Dominick Pagano,
Richland County Sheriff's Department

By WALLACE MCBRIDE
Fort Jackson Leader

The scenarios were imaginary, but the anxiety was real.

Department of Army police officers spent most of the day Friday with guns in their hands, defending themselves from notional “bad guys” in a series of training exercises on and off post. Officers from the Richland County Sheriff's Department coached Fort Jackson police on tactics for dealing with active shooters.

Cpl. Dominick Pagano, a trainer with RCSD and an Army veteran, wasted few words in detailing the training goal for the day.

“The idea here is speed, surprise and violence of action — to overwhelm the bad guy,” Pagano said.

Gerald Lawson, Fort Jackson's chief of police, praised the day's exercises.

“This is giving us a practical exercise, allowing us to train hands-on should something happen at Fort Jackson,” he said. The co-training also helps develop relationships with outside law enforcement who could be involved with active-shooter incidents on post.

“Also, it gets us out of Fort Jackson,” Lawson said. “It puts us in a training area that we're not familiar with. It's a different environment.”

The exercises were more psychologically complex than they might have appeared from a distance, said patrol officer Roy Phoenix.

“We used to do similar training with role players who would shoot back with Simmunition,” he said. “Your nerves will go up, but your pace will go down because you know there's the possibility that someone is going to shoot back at you.”

Last week's training also required police to spend part of the day pretending their colleagues had been injured or killed, all while phantom gunmen put them in the crosshairs. There's not much that can be done about the chemicals that course through your body during times of danger, but Phoenix said training experiences could help an officer better manage his response.



Photos by WALLACE MCBRIDE
George Medlock, an instructor with the Richland County Sheriff's Department, coaches installation police officer Lt. Willie Wallace on tactics used to search buildings for active shooters.

“There's hesitation because you don't want to mess up,” he said. “Then again, your adrenaline is also going. People who haven't done this (training) enough are tempted to pull the trigger right off the bat.”

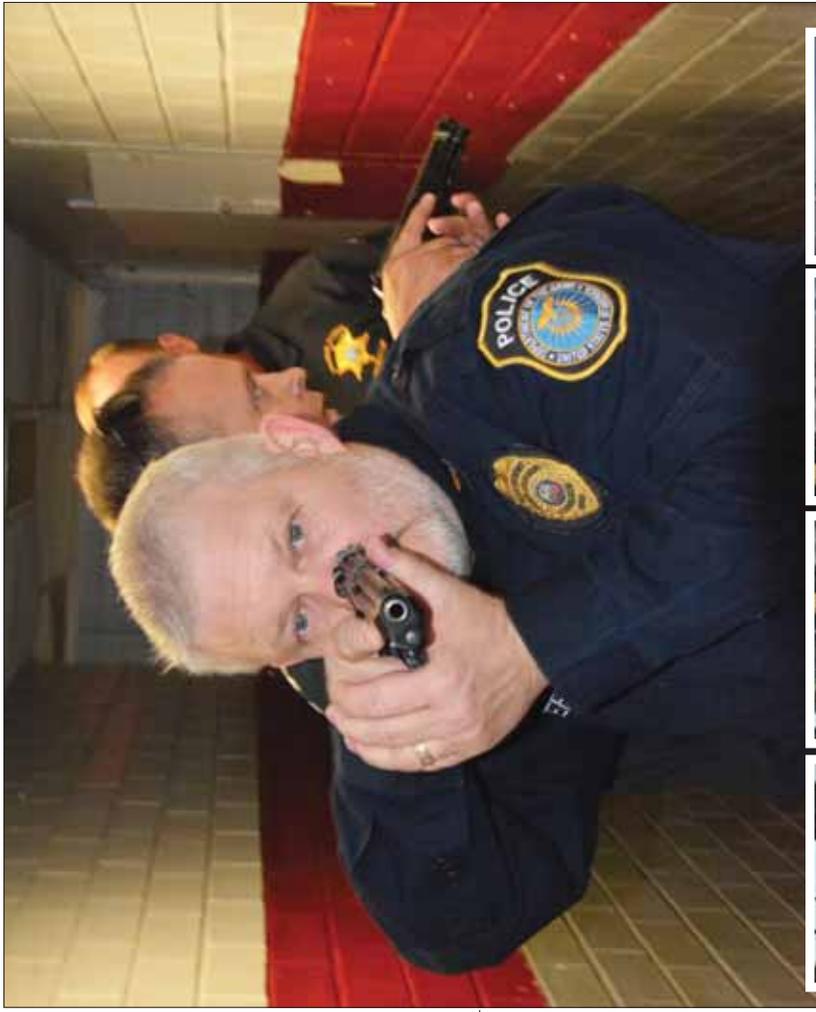
Training began Friday morning at a vacant building on Fort Jackson. Police were walked through the halls, learning to protect themselves while sweeping the premises for threats. After lunch, they moved off post to the sheriff's department shooting range. There, they practiced evaluating injured people from crime scenes by loading one another into the backseats — and trunks — of patrol cars.

Officers also learned the best ways to seek cover from gunfire, eventually returning the later that day with Simmunition — non-lethal training ammunition. Still, the day was not without its genuine risks. Police dressed in full uniform, body armor and utility belts, adding a few degrees to the day's already warm temperature. They wore safety glasses to protect their eyes from shells being ejected from firearms.

And, most important, there was always the chance that live rounds and loaded weapons might accidentally find their way into the training exercise. At the start of the session, the officers patted one another down in search of weapons and ammunition that might be confused with the real thing.



Installation police conduct a weapons check before Friday's training at the Richland County Sheriff's Department shooting range.



Top Lt. Stefan Eberhard and officer Roy Phoenix participate in a training exercise Friday inside a vacant building on Fort Jackson. Above, investigator Lee McCray runs for cover to avoid an 'active shooter' during a training session at the Richland County Sheriff's Department shooting range.



Photo by JENNIFER STRIDE

Chaplains aweigh

Adm. Jonathan W. Greenert, chief of naval operations, administers a reaffirmation of the Commissioning Oath to new graduates of the Professional Naval Chaplaincy Basic Leadership Course on Wednesday. Greenert's stop came as part of a mid-Atlantic tour. Rear Adm. Margaret G. Kibben, chief of chaplains, and Capt. Mark W. Smith, commanding officer, Naval Chaplaincy School, also took part in the graduation ceremony.



Photo by CLIFFORD KYLE JONES, NCO Journal

Master Fitness Trainer students do the V-Up, one of the exercises in a conditioning drill, outside of the post theater.

Do you need a gizmo to help with fitness?

Deciding you are ready to take better care of your health can be an exciting time – especially for those of us who are new to exercise.

As a newbie, you probably will want to invest in the best workout gear. After all, it's important to look right. In fact, you may be tempted to invest in many things that promise to make getting healthier, easier and cooler.

A tracking device such as Fitbit, Nike FuelBand and Jawbone UP may be especially appealing. Commercials delight in telling us how wonderful such a tool can be, making it seem like a must have to make fitness easier and more fun.

But is such a device a health investment or money down the drain?

Attractive features

Body sensors are pretty impressive, and many are easy to operate. Put one on your wrist or in your pocket, press a button and go. The device will track your entire day, including each step you take and how much distance you cover.

I'm not talking about a pedometer, though – there's so much more to such a device than counting steps.

Such sensors do track your steps and calculate the distance in miles, but they also can tell the types of steps you take – whether they're casual or more physically active. This means you can see higher versus low-

The Weigh It Is

By PAMELA JONES-LONG

Fitness programmer, Family and Morale, Welfare and Recreation



er calorie-burning based on your activity.

When you upload the data generated online or onto an application, you can track your progress over time.

When it comes to counting calories, your tracking device can tell you how many calories you have consumed, which makes the device a nutrition watchdog. You still have to input what you eat, but if you are honest with yourself, you get a real look at your eating habits.

This means your new device also is a food journal, tracking your calories and helping you design meal plans based on your weight-loss goal. As you input what you eat, it calculates the number of calories you have left and alerts you when you have reached your intake allowance for the day.

Nutrition plays a gigantic role in weight loss, and a

device can make counting calories throughout your day a whole lot easier.

Data support

Using a device, you can record and download every step you take, every morsel you eat – but what do you do with that data?

Simple: You use it to help you figure out how and where you can implement lifestyle changes.

After you have used the device for about a week, you will have created a realistic baseline. Then you can begin to make changes: Take the stairs or park farther away from the store to increase steps. Replace a high-carb food with a salad to lower your calorie intake.

Steps such as these will help you see how user friendly your device can be.

Technology is everywhere these days – so omnipresent that its presence can be overwhelming. If you buy a device and don't learn how to use it – or find it too complicated — you might as well skip the middle step and just throw away your money.

So, go slowly and learn the features one by one. Track your information, download it, and then take the steps you need for total fitness wellness.

Fitness is a wonderful journey with no set destination. Whether you use a tracking device or do things the old-fashioned way, your journey will be rewarding.



Photo by JENNIFER STRIDE

Traditional dance

Kinsey Fernandez performs a traditional Hawaiian dance during a May 19 celebration of Asian American and Pacific Islander Heritage Month at the Soldier Support Institute. Asian Americans and Pacific Islanders are the fastest-growing minority in the United.

Reel Time Theaters

We're saving a seat for you.

Fort Jackson Movie Schedule

3319 Jackson Blvd. PHONE: 803-751-7488

Friday

"Unfriended" (R), 7 p.m.

Saturday

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

"Paul Blart: Mall Cop 2" (PG), 4 p.m.

Sunday, May 24

"Paul Blart: Mall Cop 2" (PG), 2 p.m.

"Furious 7" (PG-13), 4 p.m.

Wednesday May 27

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

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

Friday, May 29

"Paul Blart: Mall Cop 2" (PG), 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.



Photo by JENNIFER STRIDE

Rite of Passage

Drill sergeants of the cycle with the 193rd Infantry Brigade quote notable historical facts during a nighttime Rites of Passage ceremony. The event acknowledges that trainees who have completed all requirements of basic training have become Soldiers. 'They don their black berets tonight,' said Mike Brosch, command sergeant major of the 2nd Battalion, 13th Infantry Regiment. 'It's rewarding for them and the drill sergeants. In the Army, we own the night anyway, right?'



Fort Jackson Leader

4 min. · Fort Jackson, SC

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Saluting this BCT cycle's honorees

DRILL SERGEANTS OF THE CYCLE. Photos by ROBERT TIMMONS, Public Affairs Office



**Sgt. 1st Class
Matthew Wilhelm**
Company A
2nd Battalion,
13th Infantry Regiment
**HONOR GRADUATE
OF THE CYCLE**
Pvt. Carleneray Brown

**STUDENT LEADER
OF THE CYCLE**
Spc. Ronald Beckstrom

HIGH APFT SCORE
Pvt. Ariana Precioso,

HIGH BRM
Pvt. Lance McDaniels



**Sgt. 1st Class
Enricko Sauvao**
Company B
2nd Battalion,
13th Infantry Regiment
**HONOR GRADUATE
OF THE CYCLE**
Pfc. Nicholas McMonigle

**STUDENT LEADER
OF THE CYCLE**
Pvt. Jesse Floyd

HIGH APFT SCORE
Pfc. Nicholas McMonigle

HIGH BRM
Pvt. Moriah Morse



**Staff Sgt.
Stephen Davis**
Company C
2nd Battalion,
13th Infantry Regiment
**HONOR GRADUATE
OF THE CYCLE**
Spc. Miranda Cornelius

**STUDENT LEADER
OF THE CYCLE**
Pfc. Danae Upshaw

HIGH APFT SCORE
Spc. Kiya Hall

HIGH BRM
Pfc. Tyler Beaudet



**Sgt. 1st Class
Jason Oberle**
Company E
2nd Battalion,
13th Infantry Regiment
**HONOR GRADUATE
OF THE CYCLE**
Pfc. Kevin Fitzgibbon

**STUDENT LEADER
OF THE CYCLE**
Spc. Matthew Richardson,

HIGH APFT SCORE
Pfc. Kristen Schuch

HIGH BRM
Pvt. Stephen Sa, Jr.



**Staff Sgt.
Justin Schmidt**
Company F
2nd Battalion,
13th Infantry Regiment
**HONOR GRADUATE
OF THE CYCLE**
Pvt. Kayshawn Marshall

**STUDENT LEADER
OF THE CYCLE**
Pvt. Matthew Jordan

HIGH APFT SCORE
Spc. Joshua W. Waterstradt

HIGH BRM
Pvt. Caleb E. Charles

SUBMISSION GUIDELINES

Announcements should be typed and no more than 45 words.

All submissions may be edited to comply with *Leader* style and Public Affairs regulations.

Announcements are due one week before publication.

Send all submissions to FJLeader@gmail.com.

For more information, call 751-7045.

For information about classified advertising, call 432-6157. Classified ads may also be emailed to sbranham@chronicle-independent.com.

For information about display advertising, call Betsy Greenway at 432-6157.

HAPPENINGS

Calendar

Today

Anger management

11 a.m. to noon, classroom 10, 5614 Hood St. For information, call 751-6325.

Meet author Antonio Elmaleh

11:45 a.m., at the Thomas Lee Hall Library. Antonio Elmaleh, author of the Civil War novel "The Ones They Left Behind," will outline the parallels between Soldiers' experiences during the Civil War and today.

Saturday

Scavenger hunt bike ride

8 a.m., Marion Street Station. Bikes and helmets will be provided. For information, call 751-3700.

Carolina Maude Foundation golf tournament

1:30 p.m., Fort Jackson Golf Club. For information, visit www.agregimentalweek.com.

Friday

Bowling outing

4:30-6 p.m., Century Lanes Bowling Center, 4464 Gregg St. Open to those enrolled in Exceptional Family Member Program. For information, call 751-5256.

Announcements

COMBAT TO CORPORATE

The Adjutant General School will offer the workshop Combat to Corporate to Fort Jackson AG Soldiers and HR professionals on Thursday, May 28. The workshop is not a job fair but an opportunity to ask questions on topics such as the benefits of HR certifications, civilian education and resume writing. The workshop is on site, not virtual. For information, visit www.milsuite.mil/book/docs/DOC-203892.

VICTORY THUNDER RALLY

Fort Jackson will hold its Victory Thunder motorcycle rally June 5, to promote safe motorcycle riding and develop esprit de corps among riders on post. Soldiers and DOD civilians may participate in the rally, which will start at Semmes Lake at 9:30 a.m. and end at Thunder Tower Harley Davidson near Spears Creek Church Road and I-20 at 2 p.m. Lunch and educational activities will be provided. Each military rider must have a valid motorcycle safety card, and all riders must have Department of Transportation-approved helmets, as well as personal protective equipment.

CIF CLOSURE

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

SPORTS BRIEFS

■ Those wishing to form teams for indoor volleyball must submit their letters of intent to the sports office no later than today. Men's, women's and coed teams are welcome. Participation is open to all ID cardholders.

■ All ID cardholders wishing to form softball teams should submit letters of intent to the sports office no

later than today. Men's and an intramural/recreational league are available.

BOSTON MARKET EMPLOYMENT

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

SUMMER READING BOOK DRIVE

The Fort Jackson Housing Mayoral Council is holding a book drive to promote summer reading. Drop off new or gently used books at the Thomas Lee Hall Library, the Fort Jackson Housing Office or C.C. Pinckney Elementary School until Friday. Book giveaways will be 1-5 p.m. June 5 and from 10:30 a.m. to 3:30 p.m. June 6 at the Solomon Center.

OBSTETRICS BRIEFING

Pregnant Soldiers and their Family members may attend an hourlong overview of the new Parent Support Program, from 9-10 a.m. Wednesday, May 27, in Room 8-85 of Moncrief Army Community Hospital. For information, call 751-6325/9035/6724/2731.

BRIGHT HONEYBEE EXPLORER PLAY GROUP

Parents may learn age-appropriate play to help newborns to 3-year-olds improve social, cognitive and motor skills. Classes will be 10-11:30 a.m. May 27, in Classroom 8, 5614 Hood St. For information, call 751-6325/9035/6724/2731.

SCHOOL NEWS

South Carolina requires all rising seventh-graders to receive booster shots against tetanus, diphtheria and whooping cough by the start of the 2015-16 school year. For information, call 785-2698.

THRIFT SHOP NEWS

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

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

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

COMMISSARY NEWS

■ Visit www.commissaries.com for the latest news, to see what is on sale, to create a shopping list and more. To access the latest sales flyer, click on "Sales and Events" in the "Shopping" tab. The "Savings Aisle" allows visitors to see every product on sale after selecting a specific store. Shoppers also may find advice and recipes under the "Healthy Living" tab.

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

AAFES

■ The Exchange is rewarding military students who excel in the classroom with its "Make the Grade" program. Eligible students may receive free food coupons and discounts on select items. For information, see the Exchange store manager.

■ The Exchange is "throwing a bone" to military pets and their owners in the Patriot Pet contest through Friday. Each authorized Exchange shopper can submit a photo and description of a pet, along with a short description. Submissions will be judged on creativity, uniqueness, quality and effectiveness in conveying the loyalty and companionship of pets belonging to

military members. The grand prize winner will "fetch" a \$500 Exchange gift card. Additional prizes will include a \$100 gift card for two runners-up and \$50 gift cards for four third-place winners. To participate, visit www.shopmyexchange.com/patriot-family and submit a photo of their pet or pets along with a description of 50 or fewer words. Entries must include the owner's name, address, phone number, date of birth and pet's information (name, breed or type of pet).

Housing



Courtesy photo

Garrison commander Col. Michael Graese congratulates Lt. Col. James and Manuela Allen on their award-winning yard in Howie Village. The Allens received a trophy, as well as reserved parking for the month at the Exchange and commissary.

YARDS OF THE MONTH

May Yard of the Month winners include Lt. Col. James Allen, Manuela Allen and Family, grand prize; Sgt. 1st Class Robert Berry, Jennifer Berry and Family; Capt. David Ray, Olyvia Ray and Family; Staff Sgt. Andrew Maynard, Jessica Maynard and Family; and retired Sgt. 1st Class Teresa Stewart. Send nominations for yards of the month to usarmy.jackson.imcom-atlantic.mbx.fort-jackson-dpw-housing@mail.mil.

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.

NEIGHBORHOOD HUDDLE

Balfour Beatty will offer a Neighborhood Huddle for those living in Pierce Terrace 1-7, from noon to 1 p.m., May 28. The gathering will be an opportunity to meet neighbors and make suggestions, express concerns or ask questions of housing managers, the garrison commander and garrison sergeant major. The huddle will be at Balfour Beatty Community Center, 520 Brown Ave. Lunch will be provided.

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.



Photo by SGT. ALEXANDER NEELY

Soldiers, assigned to 3rd Squadron, 6th Cavalry Regiment, Combat Aviation Brigade, 1st Armored Division, prep an RQ-7B version 2 Shadow unmanned aerial vehicle for a test flight at McGregor Range, N.M., April 15. The flight is one of many being conducted by 3rd Squadron as part of its six-month tiered operator training program since receiving the drones in January.

Soldiers master drone use in first training

BY SGT. ALEXANDER NEELY
Army News Service

FORT BLISS, Texas — Combat aviation Soldiers have spent the past six months learning to pair the use of unmanned aircraft, or drones, with AH-64 Apache helicopters.

From close air support, to surveillance, to climate data gathering, unmanned aerial vehicles have become a staple within Army aviation units, sparking a growing demand for training.

Training is especially paramount for the 3rd Squadron, 6th Cavalry Regiment, Combat Aviation Brigade, 1st Armored Division because it is the Army's first heavy-attack reconnaissance squadron, pairing AH-64 Apache helicopters with RQ-7B Shadow drones.

In January, the 3rd Squadron — known as “Heavy

Cav” — received 12 Version 2 Shadows. It has been training with them at McGregor Range in New Mexico.

“The fielding of our Shadows has gone extremely well,” said Heavy Cav commander Lt. Col. R.J. Garcia. “The Soldiers are motivated, and the leadership has been aggressive in ensuring we build a strong foundation in the basics.”

The six-month training program is a tiered-skill approach, allowing newly trained Soldiers to teach untrained Soldiers.

“For the first few months, we focused the different readiness-level progressions for the new models,” said Spc. Michael Grant, a standardization operator for Heavy Cav. “There are three readiness-level progressions ... and after proving certain proficiencies, the Soldiers move from one up to three.”

The new user-friendly computer programming of the Version 2 model has allowed the unit to increase its abili-

ties in range, altitude and payload packages, Grant said.

“Day to day, we try to get as many flights out as possible,” he said. “The high-tempo mission training has allowed us to get a real idea of how it will be during our upcoming deployment.”

Third Squadron is scheduled to replace the 4th Battalion, 501st Aviation Regiment in Kuwait this summer, to perform a security mission in the Arabian Gulf region.

The Heavy Cav now performs manned- and unmanned-team training — dubbed Operation Heavy Shadow — pairing its Apaches for the first time with the Shadows.

“The exercise requires a team effort to accomplish a mission or destroy a target,” said Staff Sgt. Timothy Fry, mission operator for the training exercise. “The Shadows are the eyes that will tell the Apache where and when the enemy is present.”

Nine more aviation units across the Army are scheduled to use the pairing within the next 4½ years.



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