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THE FORT JACKSON LEADER

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**FORT JACKSON
CELEBRATES
MEMORIAL DAY**
— PAGE 8

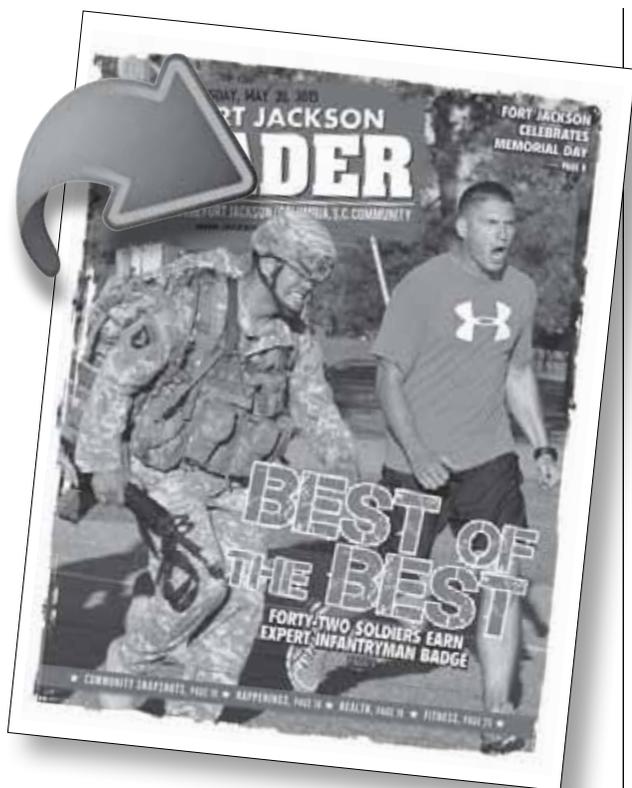


BEST OF THE BEST

**FORTY-TWO SOLDIERS EARN
EXPERT INFANTRYMAN BADGE**

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ON THE COVER

Photo by WALLACE McBRIDE

A Soldier receives encouragement as he nears the end of a 12-mile road march during Expert Infantryman Badge testing last week. **SEE PAGE 3.**



Fort Jackson, South Carolina 29207

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OP-ED

Retirees: Wear your uniforms with pride

For many years, I have attended ceremonies and activities in appropriate Army uniforms. Although I no longer have my tank or weapons carrier to drive and am no longer (working) at the museum, I still make every effort to proudly wear my khakis, olive drabs with Ike jacket or various fatigue uniforms at various Fort Jackson functions and on holidays geared toward military service.

Two other retirees are normally at functions — both in Navy whites.

We need more of us vets to show up in uniform and show people what we wore and emphasize the pride we all have in being in (uniform), as well as expound a bit about the history of the uniform and our former units.

People have constantly commented positively on my uniform and stated that they can no longer fit in theirs. My original uniforms have also shrunk from hanging in a dark



The Leader welcomes letters to the editor. All letters should include the name and address of the writer. Letters should also include a phone number for verification purposes. The Leader reserves the right to edit letters for grammar, style, spelling and brevity. Send your letter to FJLeader@gmail.com. Call 751-7045 for information.

closet for a number of years, but there are sources where uniforms can be located online. Some are a bit high in price and many are smaller sizes, however fair prices and larger sizes can be found by searching or contacting the sellers or looking through the Internet.

There are many original uniforms

and also reproductions available.

Let's see some more great uniforms at some of the Fort Jackson activities. Our young Soldiers are also interested, and people in town love to see us in uniform and will let us know!

Bill Campbell,
Columbia



Photo by DAVID SHANES, command photographer

Retiring from service

The following Soldiers are honored Tuesday at a retirement service: Maj. Anthony Cromartie, Chief Warrant Officer 4 Garret Pickering, Command Sgt. Maj. Kevin Williams, 1st Sgt. Gregory Nettles, 1st Sgt. Frederick Smith, Sgt. 1st Class Aljournal Franklin, Master Sgt. Robert Labine Jr., Master Sgt. Montie Albert Jr. and Sgt. 1st Class Strother Burroughs III.



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Photo by WALLACE McBRIDE

Soldiers catch their breath Friday morning following the end of a 12-mile road march, capping a week of Expert Infantryman Badge challenges.

CREAM of the CROP

42 Soldiers earn Expert Infantryman Badge

By WALLACE McBRIDE
Fort Jackson Leader

Soldiers gathered Friday morning outside Fort Jackson's post headquarters to accept the elite Expert Infantryman Badge.

It was a quiet moment capping off a long, arduous week for those testing their skills against EIB standards. When testing began, 102 Soldiers set out to earn the badge, which is a coveted award for infantrymen. Of those, 42 finished, with only two receiving "true blue" designation, meaning they completed all tasks without making any mistakes.

"It was just a matter of being able to execute the lanes properly, to understand the task and understand it's not just for the EIB,

but to prepare myself and, in the future, to prepare my Soldiers," said Staff Sgt. Jesus Ortega, 1st Battalion, 34th Infantry Regiment, one of two Soldiers to receive "true blue."

Fort Jackson's other "true blue" recipient said he was worried that he wasn't prepared for the tests.

"I was on cycle break, so I wasn't motivated," said Staff Sgt. Darrell Myers, 2nd Battalion, 60th Infantry Regiment. "I didn't feel like doing it at all. I'm a drill sergeant, and my only break is the cycle break. I wanted to take that time and spend it with my family, but I had to do EIB. Now that I've actually got it and accomplished it, I'm actually satisfied and I'm happy about it."

See **EXPERTS:** Page 9



Photo by WALLACE McBRIDE



Photo by ANDREW McINTYRE

Above, two Soldiers taking part in last week's Expert Infantryman Badge testing received "true blue" designation, meaning they completed all tasks without making any mistakes. Col. Stephen Yackley, far left, and Command Sgt. Major Kevin Benson, far right, pose with "true blue" Soldiers, Staff Sgt. Darrell Myers and Staff Sgt. Jesus Ortega. Left, a Soldier takes part in a weapons test earlier in EIB testing.

SSI instructor receives TRADOC honors

By **WALLACE McBRIDE**
Fort Jackson Leader

Maj. Maria Lindsey, a Financial Management School instructor from the Soldier Support Institute was among the individuals recognized last week during the U.S. Army Training and Doctrine Command 2012 Instructor of the Year ceremony.

Lindsey said her students are finance captains and senior lieutenants taking part in the Finance Management Captain Career Course, designed to be graduate level education for the finance company grade officer.

"I love numbers," she said. "At the instructor level, I like teaching people to manage the Army budget and how to pay Soldiers correctly."

A native of Panama City, Fla., Lindsey has been in the Army for 21 years, enlisting out of high school in the Adjutant General Corps of the Army Reserves.

"Shortly after, I transferred to active duty, where I was a combat medic," she said. "I did that for about nine years before I switched over and became an officer. I knew what it was like to be an enlisted member, and I wanted to see what it would be like



LINDSEY

to be an officer. It was a big challenge. How could I better myself and the Army as a member of the officer corps?"

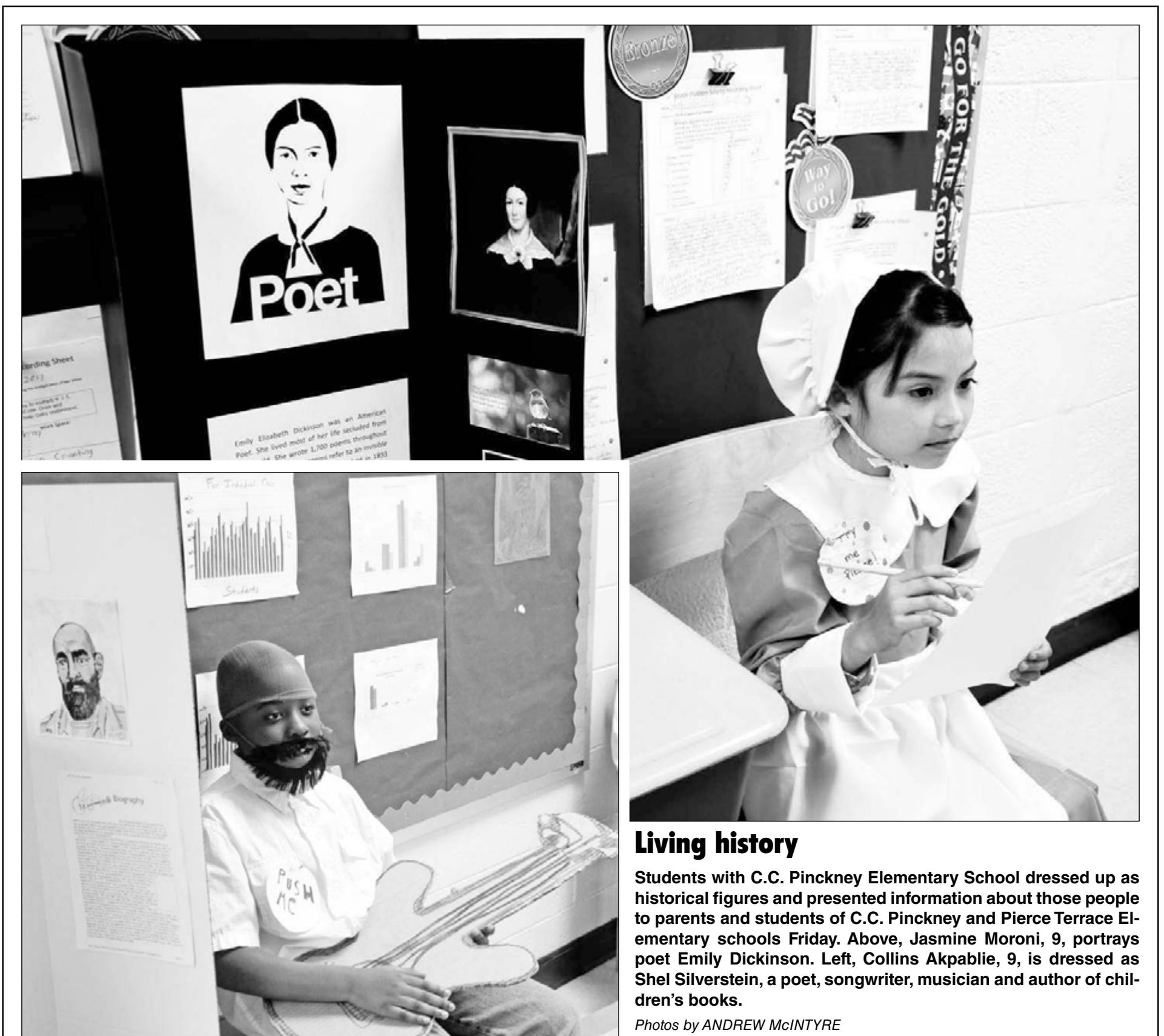
Last year, Lindsey earned SSI Instructor of the Quarter and Instructor of the Year titles in the officer category.

"The award means a lot," she said. "It means I'm doing very well at my job, that I'm doing the right thing for the Army. I'm training the officers to go out and do the right thing in the field, something that's going to assist the Army in managing its budget."

Lindsey said her career in the Army will be ending soon.

"I'm going to retire one year from now," she said. "I'd like to explore elementary education, or maybe go back and work in the Army and teach for them."

Milton.W.McBride3.ctr@mail.mil



Living history

Students with C.C. Pinckney Elementary School dressed up as historical figures and presented information about those people to parents and students of C.C. Pinckney and Pierce Terrace Elementary schools Friday. Above, Jasmine Moroni, 9, portrays poet Emily Dickinson. Left, Collins Akpablie, 9, is dressed as Shel Silverstein, a poet, songwriter, musician and author of children's books.

Photos by ANDREW McINTYRE

Rebuilding finances after divorce

A divorce can take a toll on you financially. It can be a mentally and financially draining event. Many people suffer financially after divorce because of reduced income, added legal expenses and the cost of separating households. In particularly bitter divorces, some spouses may even try to cause financial harm to the other intentionally. This can make it especially hard to recover.

First, you will need to get an assessment of where you are now financially by completing a monthly budget. Keep in mind that you may not be able to keep the same standard of living. After all, you probably will be going from a two-income household to a one-income household. Don't be discouraged, though. Remember, this is your time to re-organize and take full control of what was likely a joint effort during your marriage. It will be much easier to account for what comes in and what goes out of your bank account. You are in the driver's seat.

Educate yourself on investments, insurance and retirement planning. In many marriages, one spouse tends to handle the finances and be a little more (sometimes much more) financially savvy than the other. Being knowledge-

FINANCIAL ADVICE

By **ANGELA CROSLAND**
*Army Community Services
 Financial Readiness*

able on investing, insurance and retirement is a large part of having a financially secure future. This is why it is so important to get up to speed quickly after divorce and have a plan.

Check your credit report by visiting www.annualcreditreport.com. Most couples have joint credit accounts and bank accounts. It will be important to establish and build credit in your own name after you are divorced. Depending on how much debt a couple has and the standing of those accounts, you may have to focus on secured credit and refinancing some accounts into your own name. Be sure that debt has been divided and allocated correctly by creditors and documented within the divorce settle-

ment. A divorce decree does not simply let co-borrowers off the hook if the debt is still owed. Unless the debt is refinanced, it will remain on your credit report. Consider contacting the credit bureaus and adding a statement to your credit report to explain late payments. Close joint accounts, if possible, and focus on paying them off.

If you haven't already, start building up an emergency savings account. Now that you are single, if an emergency comes up, the cost will likely be totally your responsibility. Most financial experts say one should have cash savings that equal at least three to six months of income. That can seem impossible, but you must start somewhere. A good budget and financial discipline can help you build up to that amount.

Divorce is not a pleasant thing. To avoid being financially ruined, it is important to be proactive and realistic. Speaking with your creditors before they begin reaching out to you can greatly reduce your stress. Seek financial counseling to help navigate the many facets of your finances. Rebuilding your financial life is not an overnight task. Be prepared, stay positive and stay focused.

Cadre trains for resilience

Drill sergeants and Advanced Individual platoon sergeants attend the Cadre Resilience Program at the Chaplaincy Family Wellness Center Wednesday. The 10-day comprehensive program aims to enhance the professional, spiritual, mental and personal lives of U.S. Army Training Center cadre.

Photo by **ANDREW McINTYRE**





Photo by JULIA SIMPKINS, U.S. Army Chaplain Center and School



Photo by MICHAEL POND, Public Affairs Office

Above, flags adorn the graves at Fort Jackson National Cemetery for Memorial Day. Left, Pfc. George Grimes, who attends Advanced Individual Training with the U.S. Army Chaplain Center and School, places a flag on a grave Friday in preparation for Memorial Day Monday.

MEMORIAL DAY

Fort Jackson, community remember fallen heroes



Photo by MICHAEL POND, Public Affairs Office



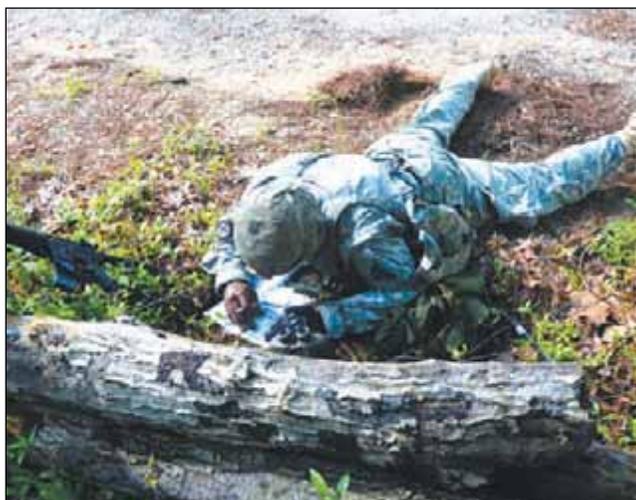
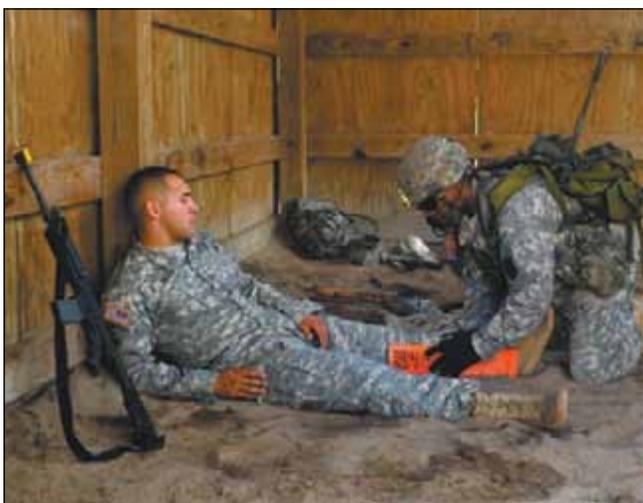
Photo by DAVID SHANES, command photographer

Left, Spc. Joshua Hunt with the 282nd Army Band plays 'Taps' during the Memorial Day celebration Monday at Fort Jackson National Cemetery. Right, Brig. Gen. Peggy Combs, Fort Jackson's commanding general, and Post Command Sgt. Maj. Kevin Benson, pause in silence after laying a wreath for the fallen.



Photos by ANDREW McINTYRE

Staff Sgt. Stephen Racks, 3rd Battalion, 60th Infantry Regiment, prepares to throw a dummy grenade at an enemy position during the Expert Infantryman Badge test last week. The Soldiers were required to complete the three-part combat simulated patrol with a passing score to move on in the EIB test.



Racks and Sgt 1st Class Shawn Wrzesinski, 4th Battalion, 10th Infantry Regiment test their proficiency in basic combat skills to receive the Expert Infantryman Badge. Basic combat skills testing included performing combat first-aid procedures, medical evacuations and operating an M240 machine gun.

Experts

Continued from Page 3

Established in 1943, the EIB is awarded to Army personnel who hold infantry or special forces Military Occupational Specialties. Soldiers must complete a number of prerequisites and pass a battery of tests on basic infantry skills, including areas such as day and night land navigation, first aid, patrol lane tasks and moving under direct fire. The annual test is capped off by a 12-mile foot march, which Soldiers must complete in three hours while carrying an M4 and wearing more than 40 pounds of combat gear.

“I can’t feel it, but I’m sure I will tomorrow, though,” said Sgt. 1st Class Dennis Unger, 3rd Battalion, 34th Infantry Regiment, who had blood seeping through his boots following Friday’s march. “I don’t ever want to do it again. I’m so happy to be done with this.”

“Being on the trail as a drill sergeant, I don’t really have a lot of ‘me’ time to concentrate on training for the ruck marches,” said Staff Sgt. Joshua Burgess, 2nd Battalion, 13th Infantry Regiment. “That was the hardest part, training up for the rucksack march.”

Like many of those participating in the road march, Burgess said he didn’t get much sleep the night before.

“It was like Christmas today,” he said. “It was the final event, the culminating event, and I couldn’t really get much sleep. It’s a long time in the making for me. I’ve been in the Army for seven and a half years, and this was my first real opportunity to do it. I’m really happy that I knocked it out and got it done.”

See **BADGE:** Pages 16-17



81st RSC fawns over visitor

Photo by SGT. 1ST CLASS JOEL QUEBEC, 81st Regional Support Command

A fawn was left by its mother near the 81st Regional Support Command Tuesday. The game warden was informed, but the fawn left before animal services arrived on the scene. People who come across wildlife on post are discouraged from touching or feeding the animals, but should notify the building coordinator.

News and Notes

ARMY BIRTHDAY BALL AT NCO CLUB

Fort Jackson will celebrate the Army's 238th birthday with a ball June 15 at the NCO Club. Social hour will begin at 5 p.m., with the receiving line scheduled to begin at 6 p.m. The guest speaker will be Lt. Gen. Vincent Brooks, commanding general of Third Army/ARCENT. Child care will be available from 4 to 11 p.m. at Imboden Street Child Development Center for \$25 per child. To sign up for child care, stop by the Parent Central Services Office no later than June 12.

BLOWFISH MILITARY APPRECIATION GAME

The Columbia Blowfish baseball team will host military appreciation night June 8. Admission is free for all military ID card holders. Gates open at 6 p.m. Children can bring a glove and ball to play catch with Blowfish players at 6:10 p.m. The game against the Thomasville HiToms will start at 7 p.m. The celebration will feature an Oak of Enlistment ceremony, military hero recognition, the cutting of the Army birthday cake, music by Eric Horner and post-game fireworks.

ASIAN PACIFIC HERITAGE MONTH

A luncheon to celebrate Asian American and Pacific Islander Heritage Month is scheduled for 11:30 a.m., Friday at the Solomon Center. The observance will feature a Tae Kwon Do demonstration and a Samoan dance performance. Tickets cost \$12.

LEGAL NOTICE

Anyone with debts owed to or by the estate of Staff Sgt. William B. Fersner should contact Capt. Matthew K. Short, the summary court officer for the Soldier. Fersner passed away April 23 in Marion, S.C. Short can be reached at 521-1039 or email matthew.k.short.mil@mail.mil.



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Leader file photo

The Fort Jackson Commissary will be closed Tuesdays, beginning July 8, because of furloughs.

Commissaries announce plans for furlough days

By KEVIN L. ROBINSON
Defense Commissary Agency

FORT LEE, Va. — When furloughs are implemented, most military commissaries will close one day a week on Mondays, said Joseph Jeu, the director and CEO of the Defense Commissary Agency. The closures will be for up to 11 days between July 8 and Sept. 30.

Closing commissaries on Mondays would be in addition to any day stores are routinely closed. The 148 stores that routinely close on Mondays — which includes the Fort Jackson Commissary — would also close the next normal day of operation. Other than the furlough day, no changes are planned for store operation hours.

The announcement comes as DeCA follows Department of Defense protocols related to the automatic federal government budget reductions, known as sequestration, which began March 1. Like most DoD activities, DeCA is mandated by the department to furlough its civil service employees. Furlough notices are scheduled to be delivered to DeCA employees by June 5.

DeCA has 247 commissaries with more than 16,000 employees operating in 13 countries and two U.S. territories. Furloughs will affect all of DeCA's more than 14,000 U.S. civilian employees.

"We know that any disruption in commissary operations will impact our patrons," Jeu said. "Also, we understand the tremendous burden this places on our employees, who, when furloughed, will lose 20 percent of their pay.

"We determined that Monday closures would present the least pain for our patrons, employees and industry partners."

As sequestration continues, commissary customers can find out about any changes to their local store's operating schedule by going to www.commissaries.com, clicking

on the "locations" tab, then "alphabetical listing," finding their store and clicking on "local store information." Patrons are reminded that because sequestration is so fluid, DeCA's plan for this budget-cutting measure is subject to change.

DeCA decided on Monday closures after weighing the potential disruption to patrons and suppliers of having rolling furloughs, where closure dates would differ from store to store. Universal Monday closures are less disruptive to shoppers and the agency's industry partners — vendors, suppliers and distributors — who deliver products daily to DeCA's commissaries.

In January, DoD released guidance to allow defense components to plan for potential budget cuts by reducing operating costs. In line with that direction, DeCA later executed the following budget-cutting measures:

- ❑ A hiring freeze on all outside hires.
- ❑ Curtailment of official travel for all conferences, training and any other events and activities considered noncritical to the agency's mission.
- ❑ Cancellation of the agency's May Worldwide Case Lot Sales for all commissaries. Instead, stores are conducting smaller-scale events such as outdoor sidewalk sales.
- ❑ Curtailment of all overtime and compensatory time unless deemed mission-critical.
- ❑ Review of contract services to restrict any increases.
- ❑ Curtailment of all monetary awards unless legally required.
- ❑ Postponement of all Guard and Reserve on-site sales scheduled after July 8 until further notice.

"We are in this together; and though limited in our ability by circumstances we cannot control, I assure you we will do all we can to mitigate the impact of sequestration on our patrons, employees and industry partners, and on our mission," Jeu said.

Army launches summer safety campaign

From the U.S. Army Combat Readiness/Safety Center

FORT RUCKER, Ala. — The U.S. Army Combat Readiness/Safety Center started its official summer safety campaign and encourages all Soldiers, Department of the Army civilians and family members to remain prepared for the fun and hazards associated with warmer weather.

The campaign, which began Friday and runs through Sept. 3, encourages every member of the Army family to stay aware, vigilant and engaged.

“We’ve entered the deadliest time of year (May through September) as our Soldiers, civilians and family members tend to travel and spend more time outdoors,” said Brig. Gen. Timothy Edens, director of Army Safety and commanding general, USACR/Safety Center. “Our campaign products, by design, are meant to help leaders and safety professionals engage their Soldiers, civilians and family members on risk and risk management. Engagement and vigilance are key to reducing on- and off-duty accidents.”

In August, the USACR/Safety Center introduced the “Know the Signs” slogan as the Army’s safety awareness theme. Targeted at individual accountability and focused around training, discipline and standards, KTS encourages leaders and Soldiers to first know the signs, because someone always knows when a Soldier is at risk.

Then, “Know What’s Right” (know what right looks like; know the standards, regulations, guidelines and laws), and then, “Do What’s Right” (break the cycle of an accident waiting to happen by taking action and intervening before the loss or injury). With the majority of off-duty Army accidents currently attributed to indiscipline,



U.S. Army Combat Readiness/Safety Center graphic

The U.S. Army Combat Readiness/Safety Center started its official summer safety campaign. The campaign, which runs through Sept. 3, encourages every member of the Army family to stay aware, vigilant and engaged.

this campaign also reminds Soldiers that standards apply around the clock, whether on or off duty.

To help unit leaders and safety professionals Army-wide build and manage their summer campaigns, the

USACR/Safety Center team developed a website hosting feature articles, posters, videos and other tools focusing on summer seasonal, as well as non-seasonal, topics. For more information, visit <https://safety.army.mil/>

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt. Joseph Turley
Company A
3rd Battalion,
34th Infantry Regiment

HONOR GRADUATE OF THE CYCLE

Pvt. Evan Hill

BASIC RIFLE MARKSMANSHIP OF THE CYCLE

Pvt. Matthew Grieve

HIGH APFT SCORE

Pvt. Justin Ramirez



Sgt. 1st Class Bernardino Terrones
Company B
3rd Battalion,
34th Infantry Regiment

HONOR GRADUATE OF THE CYCLE

Pvt. Jared Paterson

BASIC RIFLE MARKSMANSHIP OF THE CYCLE

Pvt. Hayden Simkins

HIGH APFT SCORE

Pfc. Symon Bowen



Sgt. John Plate
Company F
3rd Battalion,
34th Infantry Regiment

HONOR GRADUATE OF THE CYCLE

Pvt. Cameron Dean

BASIC RIFLE MARKSMANSHIP OF THE CYCLE

Pfc. Trevor Langeland

HIGH APFT SCORE

N/A

DISTINGUISHED HONOR GRADUATE OF THE CYCLE

Pfc. Jared Paterson

Weekly honors



MICKENS

Sgt. 1st Class Cragg Mickens
Soldier of the week
Third Army/ARCENT

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"FORT JACKSON
LEADER."



**Watch Fort Jackson video news stories
and Victory Updates
at [http://www.vimeo.com/
user3022628](http://www.vimeo.com/user3022628)**



Photo by ANDREW McINTYRE

Staff Sgt. Matthew Sitz was among the 102 Soldiers on Fort Jackson to test their basic combat infantry skills as part of last week's Expert Infantryman Badge challenges.



Photos by WALLACE McBRIDE



Last week's Expert Infantryman Badge tests ended Friday morning outside Post Headquarters following a 12-mile road march. Top left, blood stains the boots of a Soldier who completed the road march. Top right, Soldiers relax following the end of the march, taking advantage of the short break before the badges were issued. Bottom photos, Soldiers receive moral support from colleagues as they approach the finish line of Friday's road march.

Badge

Continued from Page 9

Sgt. 1st Class Kenneth Cato, 3rd Battalion, 60th Infantry Regiment, cautioned Soldiers against undertaking the EIB course without preparing themselves for the road march.

"Get in shape beforehand," Cato said. "You can't expect to come out here and expect to run through it without preparing for the road march."

He said it was difficult to watch Soldiers drop out of the road march on the final day of EIB testing.

"It's heartbreaking, because they put everything into it and missed it by a second or a minute. It hurts," Cato said.

Fort Jackson Command Sgt. Maj. Kevin Benson said 14 Soldiers did not complete Friday's road march, which was considered the most difficult challenge of the week by many of the Soldiers participating.

"These are the toughest we have to offer in the Army," Benson said. "Every one of them is a combat veteran and has multiple combat tours. They have taken it to the enemy, day in and day out, time and time again. Then they come here and become drills sergeants, instructors and cadre. Then they take it to the next level, which is training the future of our Army."

"This is a great welcome to Fort Jackson, to see the excellence of these great infantrymen here," said Brig. Gen. Peggy Combs, who took command of Fort Jackson last week. "It's absolutely an uplifting way to start the weekend for Memorial Day, a nice tribute to those gone before us."

Col. Stephen Yackley, Fort Jackson deputy commander, is the most senior EIB recipient on post, and urged Soldiers to be proud of last week's accomplishments.

"You will remember this accomplishment for the rest of your career and the rest of your life," Yackley said. "Wearing the EIB means you have demonstrated proficiency in the infantry skills, and it's only awarded to the U.S. Army infantryman. It is not awarded to any other service or any foreign army. It's a symbol of the tradition of the U.S. infantryman's vital role in leading and protecting the freedom of this nation, past, present and future. Be proud of what you've just earned. It is the mark of a true professional infantryman and is well deserved."

Milton.W.McBride3.ctr@mail.mil

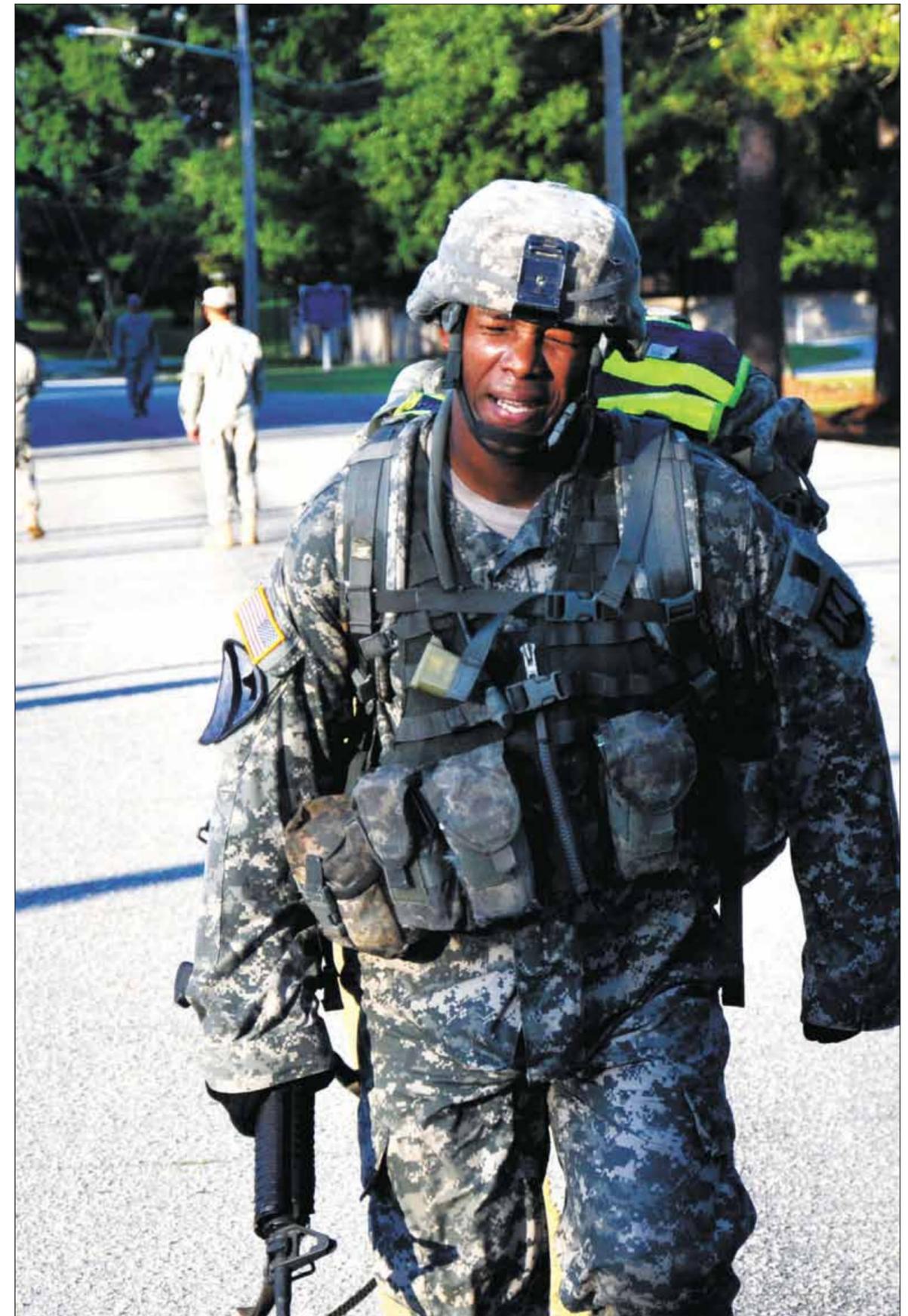


Photo by WALLACE McBRIDE

A Soldier shows signs of fatigue as he nears the end of a 12-mile road march Friday morning outside headquarters.

CMYK

CMYK

27" WEB-100

Calendar

Wednesday

Sound Off Toastmasters Club meeting
11:40 a.m. to 12:45 p.m.; Main Post Chapel

The guest speaker will be Ray Schnell, District 58 winner, who will represent South Carolina during the Toastmasters International Conference in Cleveland.

Wednesday

Fort Jackson Employers' Day Mini job fair

9 a.m. to noon; Main Post Chapel activity room

Open to military personnel, military spouses, veterans and DoD employees.

Tuesday, June 11

Seminar: Tips and tools to help navigate your finances

11:45 a.m. to 12:45 p.m.; Main Post Chapel activity room

Financial Readiness Program seminar for DA civilians on preparing for and minimizing the effect furloughs may have on personal finances.

Announcements

AG CORPS REGIMENTAL WEEK

The following events are planned during Adjutant Generals Corps Regimental Week:

- Today, AG run, 5:50 a.m., Darby Field
- Today, AG BOD presentation to NCO Academy, 9 a.m., NCO Academy
- Friday, AG Hall of Fame ceremony, 10 a.m., SSI auditorium/AG wing
- Friday, AG ball, 5 p.m., Double Tree Hotel

PHARMACY CLOSURE

The Moncrief Army Community Hospital pharmacy will be closed from 7:30 a.m. to 8:30 a.m., Monday because of training. It will reopen at 8:30 a.m.

RETIREMENT CEREMONY

The next Third Army/ARCENT retirement ceremony is scheduled for 2 p.m., June 14 at Patton Hall.

CHANGE OF COMMAND

The Columbia Recruiting Battalion will conduct a Change of Command ceremony at 10 a.m., June 19 at the Officers' Club. Lt. Col. Christopher Forsythe will relinquish command to Lt. Col. Michael

Standish. In case of inclement weather, the ceremony will take place in the Joe E. Mann Center.

CIF CLOSURE

The Central Issue Facility will be closed June 10-14 for its required semi-annual inventory. Soldiers and civilians who clear the installation during that time should schedule a turn-in appointment this week. To schedule an appointment, call 751-6524/2870/2739. CIF will resume normal business hours June 17. For more information, call 751-7213/6885.

CHANGES IN RECORDS SECTION

The Directorate of Human Resources, Military Personnel Division, Personnel Services/Processing Work Center (PSP-WC), Records Section (located in the Strom Thurmond Building, Room 200) is transitioning to an appointment only basis for certain services. Effective June 1, the Records Section will operate on an appointment only basis Monday-Friday, from 10 a.m. to 4:45 p.m. for the services identified below. Walk-in hours will be from 8 to 9:30 a.m..

Appointments are needed for the following services: Enlisted Record Brief/Officer Record Brief (ERB/ORB) Update; DD Form 93, Record of Emergency Data; Servicemembers' Group Life Insurance (SGLI) Election Certificate; Final Out-Processing

For more information, call Janice Spain at phone number 751-2753 or email janice.j.spain.civ@mail.mil.

AA MEETINGS

Alcoholics Anonymous meetings take place at 9 a.m., Mondays, Wednesdays and Fridays at 9810 Lee Road. For more information, call 751-6597.

FCC PROVIDERS NEEDED

The Family Child Care office is accepting applications for FCC providers. The program is recruiting the best-qualified applicants, especially those willing to provide full-time care for children younger than 2.

Military spouses living on Fort Jackson and off-post providers registered with the Department of Social Services may apply. For more information, call 751-6234.

SPORTS BRIEFS

■ Army Birthday 5K fun run/walk; 8 a.m., June 15 at the Trolley on Semmes Road. Sign up now or on race day from 6:30 to

7:30 a.m.

■ Letters of intent for intramural and recreational golf are due June 12. League play will start June 25.

■ Brigade sports championships for soccer, basketball and volleyball are scheduled for June 10-20.

■ The Army 10-miler qualifier is scheduled for 5 a.m., July 13.

For more information, call 751-3096.

STEM DAY

A Science-Technology-Engineering-Math camp is scheduled from 8 a.m. to 4 p.m., June 12 at the Lake House at Lake Carolina. The camp is open to children 9-14 years old. Registration is required by June 7. The camp is part of Operation: Military Kids. For more information, call 993-1711.

SCHOLARSHIPS AVAILABLE

The Virginia Military Institute Foundation, through the 100th Infantry Division/Henry Williams Jr., is offering two scholarship awards to qualifying Soldiers. If you are an active duty career NCO (E5 or E6) and you are stationed at Fort Jackson, get an application from the Army Education Center, Building 4600, Room A100, 7:30 a.m. to 4:30 p.m. Monday through Friday. Applications must be submitted no later than June 1.

CHAPTER SEEKS MEMBERS

The newest chapter of the Transportation Corps Regimental Association (Patton Chapter) is currently being organized in South Carolina and Georgia. For more information, email Clifford.K.Crawford@mail.mil or Stacy.K.Mebane@mail.mil.

AAFES REWARDS GOOD GRADES

Students who have a B average or better on their report cards can participate in the Exchange's "You Made the Grade" program to receive free and discounted products. Students should present their report card and military ID at the Exchange to participate.

TARP BRIEFINGS

Annual Threat Awareness and Reporting Program briefings will be offered the third Tuesday of every month at 10 a.m. and 2 p.m. at the Post Theater. For more information, call 751-7852/3366/3802.

SAT, ACT TESTING

The Fort Jackson Education Center will administer SAT testing June 7. ACT testing

is scheduled for June 14. Testing is available to eligible service members only. For more information and to register, call 751-5341.

THRIFT SHOP NEWS

■ The Golden Carriage Program provides free ball gowns for spouses of active-duty service members E5 and below.

■ The Thrift Shop is looking for new board members for the 2013-2014 year. The commitment is for one year, with board meetings scheduled once each month.

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

Send your announcements to fjleader@gmail.com. Announcements are due one week before the publication date.

For more information, call 751-7045.

Community announcements may be edited to comply with Leader style and Public Affairs regulations.

Housing happenings

YARD OF THE MONTH

Yard of the Month nominations for June will be accepted through Friday. To nominate a yard, call the Housing Office at 751-7567/9339, Balfour Beatty Communities at 738-8275 or contact your community mayor.

HELP FOR HOMEOWNERS

HopeNow and the Making Home Affordable program are offering free help to homeowners who are struggling with mortgage payments in an event from 1 to 8 p.m., June 28 at the Columbia Convention Center. Making Home Affordable is a free federal government program. For more information, visit www.makinghomeaffordable.gov.

SWIMMING POOLS

Small wading pools up to 6 feet in diameter and 1 foot in depth are permitted in backyards only. When wading pools are not in use, they must be emptied and properly stored. For more information, call 738-8275.

NATIONAL PIZZA PARTY DAY

Bake mini pizzas from 3:30 to 4:30 p.m., today at the Community Center.

HOME BASED BUSINESSES

Approval from Balfour Beatty and Directorate of Emergency Services Solicitor's Permit is required in order to operate a home-based business on post. Depending on your business, a state license might be required.

MACH staff learns about children's grief

By **ANDRE BUTLER**

Moncrief Army Community Hospital

Professionals from Palmetto Health Hospice recently briefed Moncrief Army Community Hospital Department of Behavioral Health providers and staff about the hospice's Children and Grief Program.

MACH employees received an in depth look into how Palmetto Health Hospice is helping children deal with the loss and grief of someone dear to them.

Grief is the emotional reaction each person feels when experiencing a loss, and for children the process can be especially difficult.

"If a child is not grieving in a healthy manner and (is) not given the direction needed, he could potentially be heading down the wrong path and make bad choices," said Karen Brazell, grief and program coordinator for Palmetto Health Hospice. "And too many times, it ends in death itself."

The hospice has support groups set up for this very reason — to make sure children have the help needed to grieve properly.

Groups consist of Pathfinders, an 18 and older age group that meets twice a month, Good Grieving for 15 to 18 year olds that meets quarterly, and Brett's Rainbow for children 5 to 18. Brett's Rainbow is a one-day camp held in the fall of each year.

Health care professionals agree that communities must have the support of such groups.

"At some point in life everyone needs help dealing with grief," said Dr. Marc Cooper, chief of the Department of Behavioral Health at MACH. "And the more tools you have to support that individual the better."

Meetings are meant to be honest and up-front sessions for those attending.

Sometimes it's the first time children have the chance to open up, said Palmetto Health Hospice Chaplain Orlando McCauley.

"Always be honest, and don't say things such as,



Photo by STAFF SGT. TOMEKA DeBRUCE, Moncrief Army Community Hospital

Karen Brazell, grief and program coordinator for Palmetto Health Hospice, briefs the Moncrief Army Community Hospital Department of Behavioral Health staff on children and grief.

'Mommy went to sleep,' or, 'You need to be strong,'" McCauley said. "It's OK to let children know you don't have all the answers."

He also recommended to be explicit in a simple manner when explaining the situation and to always listen.

Parents and guardians have described the impact of the program as tremendous, Brazell said.

"They feel like it's a step in the right direction. After the incident in Newton, Conn., we came to realize how

much loss people were experiencing," Brazell said. "And hearing how much loss so many people in our local area were going through, especially at schools, has been (eye opening). So we decided that one way to support the community is by providing this service. (The community members) are the one's supporting our children, so we felt the need to support them."

"The program is not a cure-all," Brazell said. "But it allows (children) to see hope and know that things are going to get better."



Your health care is a click away

Moncrief Army Community Hospital Integrated Health Clinic Medical Home

With online services from Army Medicine Secure Messaging Service you can:

- Book appointments
- Request/review lab and test results
- Request medication refills
- Request a referral
- Email your doctor a question
- Schedule web visits with your doctor



It's health care that clicks.

To register for online services ask your health care team in the Integrated Health Clinic Medical Home or visit: <http://www.relayhealth.com>.



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



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Exercising with Type 2 diabetes

Sometimes we decide to get our health under control when we are faced with a health scare. One of those scares is Type 2 diabetes. Once diagnosed, we want to dive into better eating and exercising. However, the seriousness of this disease requires us to take the proper steps to make sure that our willingness to change our lifestyle is in tune with our doctor and diabetic coach. Having a consistent relationship with both is necessary to create the safe and long lasting management of Type 2 diabetes.

What role does exercise play in managing Type 2 diabetes? What precautions must you take before exercising? Which exercises should you avoid? Learn the steps you should take before beginning or continuing an exercise program. Awareness, exposure and accessibility to services are some of the keys to not just managing Type 2 diabetes, but thriving in spite of it.

Exercise can help you manage your blood sugar control, as well as boost your overall fitness and reduce your risk of heart disease and nerve damage. But, before you begin exercising with Type 2 diabetes, you should speak with your doctor about which exercises are safe for you. Discuss with your doctor which activities you are thinking about doing and the best time of day to exercise, as well as the potential impact of current medications on your blood sugar as you become more active.

According to the American Diabetic Association, when exercising, you should track your blood sugar before, during and after exercise. Your records will show how your body responds to exercise and potentially help you prevent dangerous blood sugar fluctuations. The ADA recommends working closely with your health team — your doctor, diabetic nutritionist and your family — to ensure they are aware of your exercise activities as a Type 2 diabetes patient.

For improving blood sugar control (stabilizing blood sugar is one key to management), the ADA recommends at least two and a half hours of moderate-intensity physical activity per week through exercising at least three days a week, and no more than two consecutive days without physical activity. The ADA recommends exercise such as brisk walking, swimming laps in a pool or bike riding.

People with Type 2 diabetes must check with their doctor before starting a strength training regimen to be sure they are able to do this type of exercise. The ADA recommends performing resistance exercise three times a week. Again, make sure you are cleared by your doctor to exercise.

According to the ADA, if you are taking insulin, you should check your blood sugar level about 30 minutes before your exercise and then check it again right before you exercise. This will help you determine if your blood sugar

THE WEIGH IT IS

By **PAMELA LONG**
*Fitness programmer,
Family and Morale, Welfare
and Recreation*



level is stable and if it is safe to exercise that day. From working with a doctor and diabetic nutritionist, patients learn their healthy blood sugar range.

Please note, if you are exercising and you feel your blood sugar is too low; stop exercising and check your blood sugar before continuing; then follow the steps provided by your doctor to bring sugar levels back to a healthier range.

Recheck your readings in about 15 minutes. If the numbers are still low, you do not want to exercise. If the numbers are normal, you should exercise with caution.

Check your blood sugar right after exercise and again several times during the next few hours. Exercise draws on reserve sugar stored in your muscles and liver. As your body rebuilds these stores, it takes sugar from your blood. The more strenuous your workout, the longer your blood sugar will be affected. Low blood sugar is possible even hours after exercise. Exercise can be good, but type and intensity play a major role in keeping blood sugar leveled. You do not want to overdo it.

If you do have low blood sugar after exercise, it is recommended that you eat a small carbohydrate snack, such as fruit or crackers, or drink a small glass of fruit juice. A small snack which can boost blood sugar significantly. Too large of a snack could boost your blood sugar too much.

Other suggested tips to make exercise a healthy part of your Type 2 diabetes control:

- Always check your feet for any problems before and after exercise.
- Wear socks that keep moisture away from your feet.
- Wear comfortable, well-fitting shoes.
- Wear a bracelet or necklace that says you have diabe-

tes.

- Always have fast-acting carbs with you.
- Carry emergency phone numbers with you.
- Drink plenty of water. Do this before, during and after exercising.
- Try to exercise at the same time of day, for the same amount of time, and at the same level. This will make your blood sugars easier to control.

A LOOK AT HYPOGLYCEMIA

For people with diabetes who take medication or insulin, hypoglycemia is a concern. Whenever you are physically active, your muscles burn glucose. First, they gobble up the glucose they have stored as glycogen. As the activity continues, glucose from the blood pours into the muscles to supply their energy needs, lowering blood glucose levels. However, this march of glucose from the blood into the muscles doesn't end when the activity stops.

The body needs to refill the muscles' glucose storage tanks in preparation for future movement. As a result, a hypoglycemic reaction can occur not only during periods of activity, but up to 24 hours later. Some people with diabetes who have frequently experienced hypoglycemia begin to associate any form of activity with a loss of glucose control. These fluctuations create great confusion and frustration, leaving many people upset and scared.

They may decide that activity is not worth the unpredictable swings in glucose. That is why you must continuously check your blood sugar to help better understand your body's response to exercise and prepare for it by adjusting medication or food intake.

Exercise can be beneficial to your health in many ways, but if you have diabetes, testing your blood sugar before, during and after exercise may be just as important as the exercise itself. The ADA offers a free living with Type 2 diabetes program. It is a 12-month program for people who are newly diagnosed. For more information, call 799-4246 or visit www.diabetes.org.

Editor's note: Information from the American Diabetic Association was used in this article. Do not attempt any exercise program before getting clearance from your doctor.

