

THURSDAY, NOV. 15, 2012

THE FORT JACKSON LEADER

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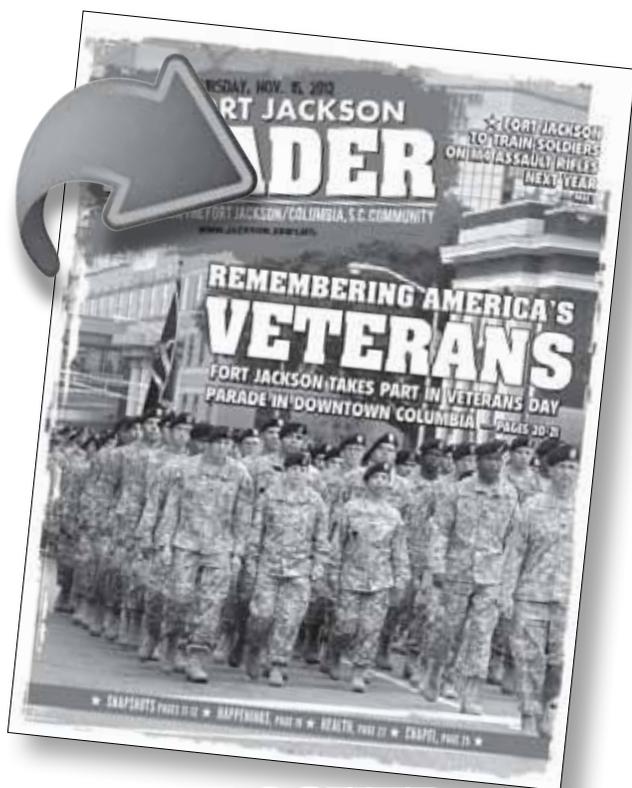
★ FORT JACKSON
TO TRAIN SOLDIERS
ON M4 ASSAULT RIFLES
NEXT YEAR
— PAGE 3

REMEMBERING AMERICA'S VETERANS

FORT JACKSON TAKES PART IN VETERANS DAY
PARADE IN DOWNTOWN COLUMBIA — PAGES 20-21



★ SNAPSHOTS PAGES 11-12 ★ HAPPENINGS, PAGE 19 ★ HEALTH, PAGE 22 ★ CHAPEL, PAGE 25 ★



ON THE COVER

Photo by KARA MOTOSICKY, Public Affairs Office

Fort Jackson Soldiers march in Columbia's Veterans Day Parade Monday. More than 400 Fort Jackson Soldiers participated. SEE PAGES 20-21.



Fort Jackson, South Carolina 29207

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COMMANDER'S CALL

Supporting Families a top priority on post

Army Family Covenant offers non-negotiable commitment

The strength of our Nation is our Army. The strength of our Army is our Soldiers. The strength of our Soldiers is our Families. This is what makes us Army Strong!

Five years ago, on Nov. 17, Fort Jackson signed the Army Family Covenant — a solemn commitment to provide Soldiers and their Families a quality of life commensurate with their service. As you know, quality of life is one of my four priorities as the 45th Commanding General here at Fort Jackson.

Our Army Family Covenant upholds a standard for ensuring that our Families are financially, physically and emotionally ready. First-class, quality-of-life programs help us maintain the Army Strong Family that we are.

Fort Jackson Family and Morale, Welfare and Recreation and Child, Youth and School Services are great examples of the vitality in our programs for Families.

We support 11,400 Family members of active duty Soldiers here. We have four Child Development Centers that provide daily assistance to Families.

We hope to have a fifth Child Development Center open in January.

In addition, we have a Youth Center which serves as a focal point for middle school and teen programs. These facilities represent our commitment to Families in action.

Our dedication to improving Family readiness includes building morale also. Families take pride in the opportunity to create everlasting moments with their loved one and Soldier.

Family and Morale, Welfare, and Recreation has done an excellent job in providing Families with activities throughout the month to show our appreciation for their service.

FMWR is hosting Military Family Appreciation Month activities. There are a variety of programs planned that build Family unity, recognize Family service and educate new Families on programs that are available.

Typically, many of our FMWR personnel are Family members who volunteer their personal time to create a special moment for other Families. I commend their service and dedication; it is because of these leaders and volunteers that we have such an effective and close Army Family.

The FMWR volunteer efforts, along with so many others, are more effective under the watch of the Army Family Action Plan. AFAP's responsibility entails handling issues pertaining to medical/dental, child care, housing, consumer services, employment, force protection — anything that affects the military quality of life.

The AFAP program is also our accountability measure to ensure that we do not falter on our covenant with Families. The program enlists representatives to identify, prioritize and elevate quality of life issues to me and my staff for resolution.

We will continue to provide Families a strong, supportive environment of programs and services to strengthen the resiliency and readiness of Army Families.

The FMWR, CYSS and AFAP combined efforts mean our Families can count on Fort Jackson's overall dedication to our Army Family Covenant and providing quality programs.

These programs are essential to our Families in order to reinforce Army institutional values and excellence. They educate, encourage and empower our community to maintain an environment that is full of opt tempo activities.

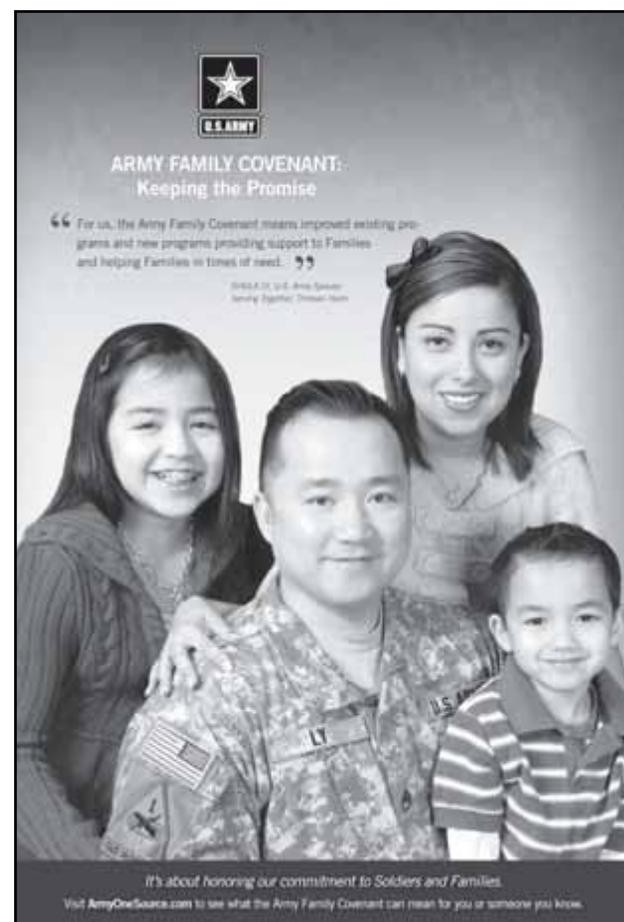
The Army Family Covenant is non-negotiable and Fort Jackson will not depart from this commitment.

Thank you for the continuous hard work, commitment, dedication and sacrifice you display everyday to ensure our Families remain Army Strong.

Army Strong and Victory Starts Here!
Victory 6

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

Fort Jackson
Commanding General



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

Taking aim at the future

Fort Jackson to begin training Soldiers on M4 assault rifles early next year



A: M4 CARBINE

MISSION

Deter, and if necessary, repel adversaries by enabling individuals and small units to engage targets with accurate, lethal, direct fire.

DESCRIPTION AND SPECIFICATIONS

A compact version of the M16A2 rifle, with a collapsible stock, a flat-top upper receiver accessory rail and a detachable handle/rear aperture site assembly. The M4 enables a soldier operating in close quarters to engage targets at extended range with accurate, lethal fire.

B: M203 GRENADE LAUNCHER

MISSION

Deter and, if necessary, repel adversaries by enabling individuals and small units to engage targets with accurate, lethal, grenade fire.

DESCRIPTION AND SPECIFICATIONS

The M203 grenade launcher is a single-shot weapon designed for use with the M16 series rifle and fires a 40mm grenade. The M203A1 grenade launcher is a single-shot weapon designed for use with the M4 series carbine and also fires a 40mm grenade. Both have a leaf sight and quadrant site. The M203 is also being used as the delivery system for a growing array of less-than-lethal munitions.

Source: Army.mil

By **WALLACE McBRIDE**
Fort Jackson Leader

New Soldiers are expected to be training with new weapons in 2013.

Thousands of new combat rifles arrived at Fort Jackson last week and are currently being processed for use. While the weapons currently in service are suitable for training, the new weapons will give Soldiers in Basic Combat Training the opportunity to get accustomed to the tools they'll be using in the field, said Lt. Col. Shane Ousey, Fort Jackson G4.

"One of the commanding general's objectives is to modernize the equipment we're using for Soldiers in basic training," Ousey said. Now at the post's disposal are thousands of M4 rifles, M203 grenade launchers and several M2A2 .50-caliber Machine guns.

"The biggest bonus is the M4," Ousey said. "We're working to see how we're going to incorporate it into the cycle for basic training."

New Soldiers currently train at Fort Jackson using the M16, a weapon that was put into service in the Army in 1965. The M4 went into use in the Army in 1994.

"We have two primary goals regarding our equipment modernization efforts," said Col. Kenneth Royalty, Fort Jackson chief of staff. "One is to train to standard in accordance with our Basic Combat Training program of instruction and to maximize the effectiveness of that training."

The other, he said, is to replicate the equipment Soldiers will use in their first unit of assignments.

"During our field training exercises, we want to equip both the individual Soldier and his squad with the weapons, radios and equipment that are a part of an (modified table of organization and equipment) infantry squad," Royalty said. "At the same time, we want to increase the efficiency of our basic marksmanship training, by providing rifles that are well maintained, capable of functioning safely and reliably and not distracting from our training focus. In doing this, we will provide the Army a better Soldier and lower the costs of repairing and maintaining legacy equipment."

Ousey said it's difficult to tell the age of the weapons being used for training on Fort Jackson. Some of the weapons might be as old as 20 years, he said, and



Photo by WALLACE McBRIDE

TACOM Materials Fielder David Garske, left, and Chief Warrant Officer 5 Richard Alston, right, unpack crates of M4 weapons Wednesday morning at Fort Jackson. The post has received 6,000 new weapons, which are expected to be put to use in Basic Combat Training in early 2013.

have been kept in use through regular maintenance.

"The new weapons are in better shape and are what forces are using out in theater," Ousey said. "It's a more durable weapon. Some of the M16s we have here are pretty old. Even though our maintenance guys are doing a great job taking care of them, they get beat up pretty good. Soldiers still get trained properly, but this gives them more modern weapons like they'll get when they receive their first assignment."

The weapons are being processed and are expected to be in the hands of new Soldiers in January, Ousey said.

Milton.W.McBride3.ctr@mail.mil

“

... we will provide the Army a better Soldier and lower the costs of repairing and maintaining legacy equipment.

— **Col. Kenneth Royalty,**
Fort Jackson
chief of staff

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News and Notes

LOOK FOR LEADER ON TUESDAY

Because of the Thanksgiving holiday, next week's Leader will be published Tuesday instead of Thursday.

FAMILIES OF THE YEAR TO BE HONORED

Fort Jackson's families of the year will be honored in a ceremony at 4 p.m., Friday at the Solomon Center.

FAMILY FUN FAIR SCHEDULED

A family fun fair is scheduled from 10 a.m. to 3 p.m., Saturday at the Solomon Center. The free event features games, a bounce house, slides and other activities.

HOLIDAY TREE LIGHTING

Fort Jackson's annual holiday tree and menorah lighting is scheduled for 5 p.m., Nov. 28 in front of Post



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

Native American heritage to be celebrated at luncheon

Leader Staff Report

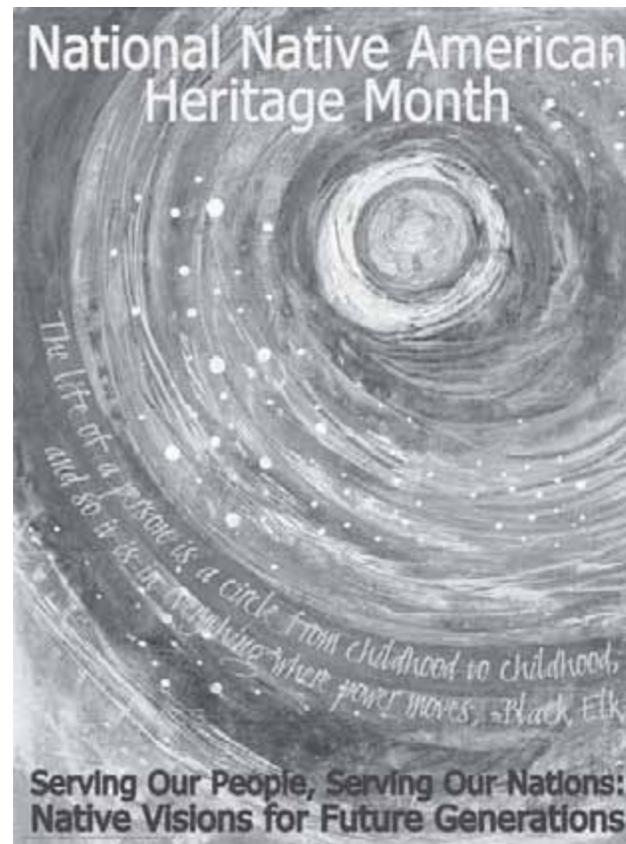
The Fort Jackson community will celebrate Native American Heritage Month with a luncheon from 11:15 a.m. to 1 p.m., Friday at the Solomon Center. This year's theme for the month is "Serving Our People, Serving Our Nation: Native Visions for Future Generations."

Almost 190,000 Native Americans served in the military. According to DoD statistics, Native Americans have the highest record of service per capita among all ethnic groups.

The luncheon's guest speaker will be Will Moreau Goins of the Eastern Cherokee, Southern Iroquois and United Tribes of South Carolina.

Goins serves on the Humanities Council of the South Carolina Speaker's Bureau and as the president of the South Carolina Traditional Arts Network. He celebrates his Native American heritage as an author, activist, dancer, singer and storyteller. He has performed throughout the United States and internationally, including performances at the John F. Kennedy Center for the Performing Arts in Washington and at the Lincoln Center for the Performing Arts in New York.

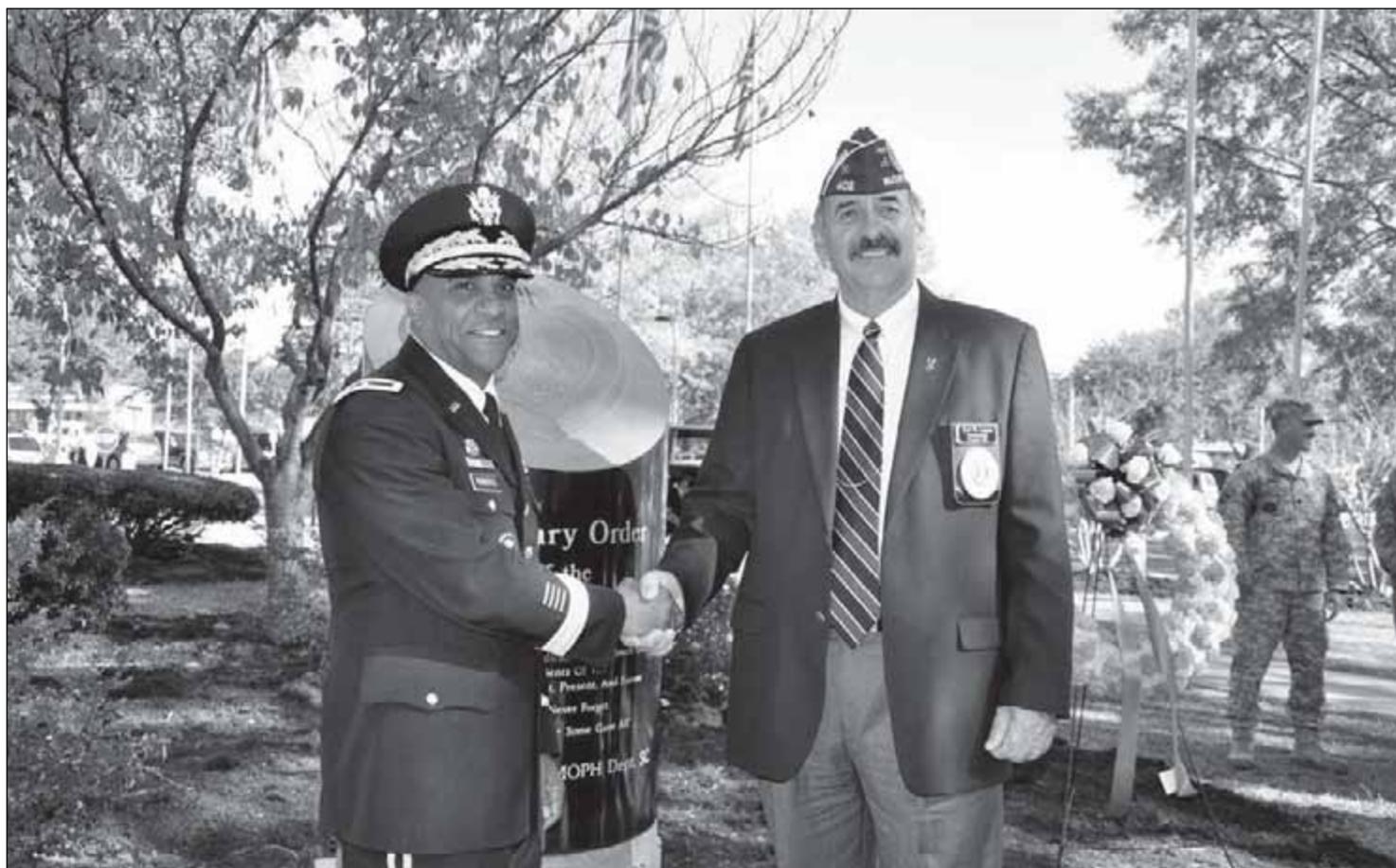
Tickets for the luncheon cost \$10. For more information, contact an equal opportunity adviser, the Equal Employment Opportunity Officer or call 429-4847.



Purple Heart monument

Brig. Gen. Bryan Roberts, Fort Jackson's commanding general, and Carl Lopez, commander of Chapter 402 of the Military Order of the Purple Heart, pose in front of a newly-dedicated monument to honor South Carolina Purple Heart recipients at Dorn VA Medical Center Friday.

Photo by KARA MOTOSICKY, Public Affairs Office



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Caregiver conferences held on post

By **ANDRE BUTLER**

Moncrief Army Community Hospital

The Warrior Transition Command and Dorn Department of Veterans Affairs Medical Center want to make sure that wounded warriors and their caregivers have all the knowledge they need before leaving the military. To do so, the organizations hosted a conference for caregivers Nov. 5 at the Solomon Center.

The conference, named "Joining Forces for Military and Veteran Caregivers," was sponsored by the Dorn VA Caregiver Support Group, the Army Wounded Warrior Program, the Soldier Family Assistance Center and the Fort Jackson Wounded Warrior Company, in honor of National Caregiver and Wounded Warrior Care Month.

Sponsors shared information and ideas with caregivers in hopes of helping them make informed decisions when it comes to providing care for warriors exiting service.

"We have a lot of people coming off active duty and transitioning to the VA, and we try to help them make that transition as easy as possible," said Christy Roberson, the caregiver coordinator for Dorn. "And at the VA, we want to get out there and offer the services we have available to our veterans."

The program at Dorn is fairly new. Including other organizations is a way to get the message of providing care out to a greater public.

"We want to get the word out 'we care' to our Soldiers and their family members," Roberson said. "And (we) want them to have all of the information about the services and benefits they are eligible for."

Other warrior care professionals at the conference echoed Roberson's sentiments about ensuring Soldiers and their caregivers have what they need.

"Working on things such as transitional services is very important," said Wanda Webb, Army Wounded Warrior program representative. "So we try to get them lined up with the VA and other organizations as they progress through the process."

"Linking Soldiers up with their Operation Iraqi Freedom and Operation Enduring Freedom coordinators, making sure their awards are done correctly and other administrative services are just some of the things we do to help with the transition



Photo by ANDRE BUTLER, Moncrief Army Community Hospital

Donna McManus, right, and Lashonda Howard, center, both spouses of retired service members, talk with Wanda Webb, an Army Wounded Warrior Program advocate, during the "Joining Forces for Military and Veteran Caregivers," conference Nov. 5 at the Solomon Center.

process," she said.

By working with veterans, Webb also had the chance to work with their spouses and caregivers.

"(The process) was wonderful," said Lashanda Howard, wife of retired Sgt. 1st Class Leroy Howard. "Ms. Webb was the bright side of it, and I always looked forward to working with her throughout the entire thing. The information she provided help us out a lot."

Information provided also helped families after going through the program.

"I loved the program because it included the spouse," said Donna McManus, wife of retired Maj. Barry McManus.

"Without this, we probably wouldn't have known what to expect after getting out of the Army," McManus said.

During the one-day event, caregivers received briefings, information brochures as well as attended breakout sessions all geared toward informing and educating on topics that ranged from energy management tools to eating healthy while on a budget.



Photo by SUSANNE KAPPLER

Dr. Gloria Neuman, health behavior coordinator at Dorn VA Medical Center, presents a workshop on humor and caregiving during the conference.

Administering the oath

Brig. Gen. David MacEwen, commanding general of the Soldier Support Institute, administers the oath of enlistment to 171 new Soldiers during halftime of the Jacksonville Jaguars home game against the Indianapolis Colts Nov. 8. The ceremony was part of the National Football League's Salute to Service program.

Courtesy photo



DINING FACILITIES THANKSGIVING MEAL SCHEDULE

Nov. 21	120th Adjutant General Battalion (Reception)	Building 1875	11 a.m. to 1 p.m.
Nov. 21	187th Ordnance Battalion	Building 2260	4:30 to 7:30 p.m.
Nov. 21	1st Battalion, 61st Infantry Regiment	Building 11900	5 to 7 p.m.
Nov. 22	2nd Battalion 39th Infantry Regiment	Building 10401	11:30 a.m. to 1:30 p.m.
Nov. 22	Company F, 1st Battalion, 34th Infantry Regiment	Building 10401	1:30 to 2:30 p.m.
Nov. 22	369th Adjutant General Battalion	Building 4210	Noon to 2 p.m.
Nov. 22	2nd Battalion, 13th Infantry Regiment	Building 4270	11:30 a.m. to 2:30 p.m.
Nov. 22	1st Battalion, 13th Infantry Regiment	Building 11500	11 a.m. to 1 p.m.
Nov. 22	1st Battalion, 34th Infantry Regiment	Building 11500	11 a.m. to 1 p.m.
Nov. 22	2nd Battalion, 60th Infantry Regiment	Building 11500	11 a.m. to 1 p.m.

The Thanksgiving meal for retirees and guests is scheduled for 2 to 3:30 p.m., Nov. 22 at the 3rd Battalion, 60th Infantry Regiment dining facility, 5454 Manigault Road, near Coleman Gym.

Holiday meal rates are \$7.50 (standard) and \$6.40 (discount). The discount rate applies to spouses and dependents of enlisted service members in pay grades E1 through E4. For more information, call 751-4015/5556.





Photo by ANDREW McINTYRE

PANTHERS VISIT POST

Players, cheerleaders and staff members with the National Football League's Carolina Panthers visited Fort Jackson Tuesday to meet Soldiers and try several Basic Combat Training events. Top, tight end Richie Brockel tries to gain footing before coming down Victory Tower. Right, members of the team enjoy lunch with Soldiers at the Drill Sergeant School dining facility. Bottom left, Brig. Gen. Bryan Roberts, Fort Jackson's commanding general, greets Sir Purr, the Panthers' mascot, before Sir Purr takes on Victory Tower. Bottom right, center Jeff Byers negotiates across one of the obstacles on Victory Tower.



Photo by DAVID SHANES, command photographer



Photo by ANDREW McINTYRE



Photo by ANDREW McINTYRE



Photo by KARA MOTOSICKY, Public Affairs Office

Honor Flight

Left, veterans receive an enthusiastic welcome from well-wishers after returning from an Honor Flight trip to Washington, Nov. 7. The Honor Flight organization provides trips to World War II veterans to visit the war memorials in Washington. Below, members of the 282nd Army Band entertain the crowd waiting for the veterans to arrive.



Photo by SUSANNE KAPPLER

Health benefits fair

Cheryl Washington, left, who works with the 120th Adjutant General Battalion (Reception), receives information about benefits from Joan Kaczor with the American Postal Workers Union Health Plan. Several organizations were represented at the health benefits fair for federal employees Friday at the Solomon Center.





Photos by SGT. 1ST CLASS TONY J. SPAIN, Third Army/ARCENT

Happy Birthday

Top photo, Lt. Gen. Vincent Brooks, Third Army/ARCENT commanding general, left, and Command Sgt. Maj. Stephan Frennier, Third Army/ARCENT senior enlisted leader, right, join Col. Nanette Gallant, chief of information operations division, second from left, and Spc. Carina Miranda, supply specialist, second from right, in cutting a cake celebrating Third Army/ARCENT's 94th birthday during a ceremony at Shaw Air Force Base, Nov. 7. Gallant and Miranda are the oldest and youngest Soldiers, respectively, currently serving at the unit's main command post at Shaw. Above, Brooks attaches a battle streamer to the unit's colors as part of the ceremony.



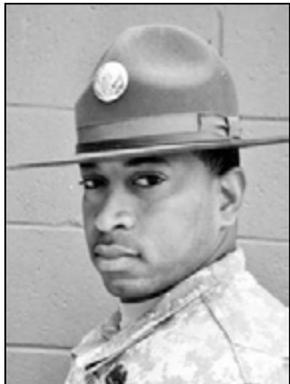
Leader file photo

Rising star

First Lt. Thomas Johnson, Training Support Battalion, was selected by 14 judges to participate in 2012 Operation Rising Star Finals Week. Johnson, who won the Fort Jackson contest, was among 12 performers who moved on to the final round. Johnson is scheduled to perform Dec. 8, 10, 12, 14 and 15 at Fort Sam Houston, Texas.

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



**Sgt. 1st Class
Cedric Lunford**
Company C
3rd Battalion,
60th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Spc. Ashley Anderson

SOLDIER OF THE CYCLE
Spc. Benjamin Dickey

HIGH APFT SCORE
Spc. Ashley Anderson

HIGH BRM
Pvt. Michael Nester

**Staff Sgt.
Terrance Potter**
Company D
3rd Battalion,
60th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pvt. Austin Lowery

SOLDIER OF THE CYCLE
Pvt. Aryia Kellogg

HIGH APFT SCORE
Pvt. Jeremy Heimbach

HIGH BRM
Spc. Simon Stonesifer

**Staff Sgt.
Ricardo Maya**
Company F
3rd Battalion,
60th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Spc. Randall Robbins

SOLDIER OF THE CYCLE
Pfc. Wesley Will

HIGH APFT SCORE
Pvt. Todd Berry

HIGH BRM
Pvt. Michael Parnell

SUPPORT AWARDS OF THE CYCLE

SERVICE SUPPORT
Jermaine Shiver

DFAC SUPPORT
Silas Bolton

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user3022628](http://www.vimeo.com/user3022628)

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www.flickr.com/fortjacksonpao

Like us on Facebook.
Log on to your account and search for
"FORT JACKSON LEADER."

facebook

flickr



At your service

Phone numbers and operation hours for key post facilities

All South Federal Credit Union	782-9830	Monday-Thursday, 9 a.m. to 5 p.m.; Friday, 9 a.m. to 6 p.m.
American Red Cross	751-/4329/5923	Monday-Friday, 8 a.m. to 4 p.m.
Andy's Fitness Center	751-4177	Monday-Friday, 5 a.m. to 9 p.m.; Saturday, 8 a.m. to 6 p.m., Sunday, 10 a.m. to 4 p.m.; call for hours on training and federal holidays
Army Career Alumni Program	751-4109/4104	Monday-Friday, 7:30 a.m. to 4:15 p.m.
Army Community Service	751-5256	Monday-Friday, 8 a.m. to 4 p.m.
Army Continuing Education Services	751-5341	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Army Substance Abuse Program	751-5007	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Basic Combat Training Museum	751-7419	Monday-Friday, 9 a.m. to 4 p.m.; Family Day, 9 a.m. to 6 p.m.
Bowling, Century Lanes	751-6138	Monday, 5:30 to 9:30 p.m.; Tuesday, 9 a.m. to 9:30 p.m.; Wednesday, 8:45 a.m. to 8:30 p.m.; Thursday, Friday, 11 a.m. to 9:30 p.m.; Saturday, 9 a.m. to 10 p.m.; Sunday, 1 to 8 p.m.
Bowling, Ivy Lanes	751-4759	(For use by Soldiers in training): Wednesday, 11 a.m. to 8:30 p.m.; Friday, 5:30 to 9 p.m., Saturday, 1 to 9 p.m.; Sunday, noon to 5 p.m.
Car Care Center	782-1639	Monday-Friday, 8 a.m. to 5 p.m.
Chaplain Museum	751-8827/8079	Monday-Friday, 9 a.m. to 4 p.m.
Child and Youth Services	751-4865	Monday, Wednesday and Friday, 7:30 a.m. to 4:30 p.m.; Tuesday and Thursday, 7:30 a.m. to 6 p.m.
Civilian Personnel Advisory Center	751-3219	Monday-Friday, 8 a.m. to 4 p.m.
Class VI	782-1601	Monday-Friday, 9 a.m. to 7 p.m.; Saturday, 9 a.m. to 8 p.m.; Sunday, 10 a.m. to 7 p.m.
Clinical Army Substance Abuse Program	751-6597	Monday-Friday, 7:30 a.m. to 4:15 p.m.
Coleman Gym	751-5896	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends, training holidays and holidays except Christmas and New Year's Day, 6 a.m. to 2 p.m.
Commissary	751-5789	Sunday, 11 a.m. to 6 p.m.; Tuesday and Saturday, 9 a.m. to 8 p.m.; Wednesday-Friday, 10 a.m. to 8 p.m.
DA Photos (TSC)	751-7592	Monday-Thursday, 8 to 11 a.m. and 1 to 3 p.m.
Defense Military Pay Office	751-6669 (Soldiers)	Monday-Friday, 8 to 11:30 a.m. and 12:30 to 4 p.m. Civilians should call 751-4914.
Dental Clinics	751-5178/6017	Monday-Friday, 7:15 a.m. to 4:15 p.m.
Family Health Center	751-2273	Monday-Friday, 7:20 a.m. to 8 p.m.; training holidays, 8 a.m. to 4 p.m.
Family Life Resiliency Center	751-4961	Monday-Friday, 9 a.m. to 5 p.m.
Florist	738-1812	Monday-Friday, 9 a.m. to 5:30 p.m.
Fort Jackson National Cemetery	699-2246	Monday-Friday, 8 a.m. to 4:30 p.m.
Furniture Store	787-9175	Monday-Friday, 9 a.m. to 6 p.m.; Saturday, 10 a.m. to 5 p.m.; Sunday, 11 a.m. to 5 p.m.
Hospital Retail Annex	782-1263	Monday-Friday, 7 a.m. to 4 p.m.
ID Section	751-7731	Monday-Friday, 8 a.m. to 4 p.m.
Legal Assistance and Claims	751-4287/3603	Monday-Friday, 9 a.m. to 4 p.m.
LCI-SSSC	790-5306	Monday-Friday, 8 a.m. to 4 p.m.
Main Outpatient Pharmacy	751-2259	Monday-Friday, 7:30 a.m. to 5 p.m.
MG Robert B. Solomon Center	751-4056	Monday-Friday, 8 a.m. to 8 p.m.; Saturday, 8 a.m. to 6 p.m.; Sunday, 10 a.m. to 4 p.m.
Military Clothing Sales Store	787-5248	Tuesday, Wednesday, Friday, 9 a.m. to 6 p.m.; Thursday, 9 a.m. to 7 p.m.; Saturday-Sunday, 10 a.m. to 4 p.m.
Movie Theater	751-7488	Hours vary
National Federation of Federal Employees	751-2622	
NCO Club	782-2218	Temporarily closed
Officers' Club	751-4906	Tuesday-Friday, 8:30 a.m. to 4:30 p.m.; Sunday brunch, 11 a.m. to 1:30 p.m.
Palmetto Falls Water Park	751-3475	Closed for the season
Perez Fitness Center	751-6258	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends and training holidays, 10 a.m. to 6 p.m.
Pharmacy Annex (PX mall)	751-2250	Monday-Friday, 9 a.m. to 6 p.m.
Pool, Knight	751-4796	Monday-Friday, 6 a.m. to 2 p.m., 4:30 p.m. to 7 p.m.
Pool, Legion	751-4987	Closed for the season
Post Exchange	787-1950/1951/1952	Monday-Saturday, 9 a.m. to 9 p.m.; Sunday, 10 a.m. to 7 p.m.
Post Library	751-5589/4816	Monday-Thursday, 11 a.m. to 8 p.m.; Friday-Sunday, 11 a.m. to 5 p.m.
Post Office	782-8709	Monday-Friday, 8:30 a.m. to 5 p.m.
Recycling Center	751-4208	Monday-Friday, 7 a.m. to 3 p.m.; Saturday, 8:30 a.m. to 3:30 p.m.
Reuse Center	751-5121	Monday-Friday, 10 a.m. to 2 p.m.
Safety Center	751-6004	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Gate 1 Express	782-2076	Monday-Friday, 7 a.m. to 6 p.m.; Saturday-Sunday, 10 a.m. to 6 p.m.
Gate 2 Express	790-4478	Open 24 hours a day
SSI Retail Annex	738-9189	Monday-Friday, 8 a.m. to 2:30 p.m.
Thrift Shop	787-2153	Tuesday and Thursday, 9 a.m. to 3 p.m.; Wednesday, 9 a.m. to 5 p.m.
Vanguard Gym	751-4384	Monday-Friday, 5:30 a.m. to 9 p.m.; Saturday, Sunday and holidays, 1 to 8 p.m.
Veterinary Clinic	751-7160	Monday-Friday, 8 a.m. to 4 p.m.
Victory Travel	751-5812	Monday-Friday, 8 a.m. to 5 p.m.; closed on federal holidays
Weapons Registration	751-5887	Monday-Friday, 8 a.m. to 4 p.m.

Anything we missed? E-mail us at fjleader@gmail.com.

Calendar

Today

America Recycles Day

10 a.m. to 2 p.m., Officers' Club
The event will include a shred truck, electronic waste collection, scrap metal collection and a book exchange. For more information, call 751-5971.

Thursday, Dec. 15

Immigration 101 workshop

10 a.m. to noon, Strom Thurmond Building, Room 222
For more information, call 751-1124.

Announcements

IG OFFICE CLOSURE

The Inspector General Office will be closed for training Friday. The office will resume regular business hours Monday. To contact the office, leave a message at 751-FAIR (3247).

YOUTH SPORTS SIGN-UP

Sign-up for winter youth sports runs through Dec. 7. Children must be registered with Child, Youth and School Services. Winter basketball is open to children 4 to 15 years old. Cheerleading is open to children 3 to 13 years old. For more information, call 157-5040/7451.

HIRED! ORIENTATION

A parent orientation meeting for the HIRED! apprenticeship program is scheduled for 6 p.m., today at the Youth Services Center. Prerequisite training will begin Nov. 26. The apprenticeship term runs Jan. 6 through March 31.

SPEED LIMIT DURING PT TIMES

The speed limit on Marion Avenue between Early and Cleburne streets is 20 mph from 5:30 to 7:30 a.m.

DISPOSITION SERVICES CLOSURE

The Defense Logistics Agency Disposition Services (formerly DRMO) will be closed through Friday for training to transition to the new Reutilization Business Integration system.

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.

COMMISSARY NEWS

- The Commissary Reward Card is now available at the store. The card lets customers access digital coupons and redeem them in any commissary. To register the card, visit www.commissaries.com/rewards/index.cfm.
- Commissary gift cards are available at www.commissaries.com.
- For more Commissary news, visit www.commissaries.com.

MORNING FITNESS CLASSES

Andy's Fitness Center now offers three new morning classes:

- 9 a.m., Mondays, kettlebell
- 10 a.m., Wednesdays, cardio
- 10 a.m., Thursdays, strength and conditioning

For more information, call 751-5768.

MACH WEIGHT MANAGEMENT

The Pathway is a free weight management program provided by Moncrief Army Community Hospital's Nutrition Clinic. Introductory classes are offered 10:15 to 11:15 a.m. and 4:30 to 5:30 p.m., the first Wednesday of the month at MACH, Room 8-85. Support group meetings take place 5 to 6 p.m., the second and fourth Wednesday of the month at MACH, Room 8-85. For more information, call 751-2489.

THRIFT SHOP NEWS

- Donations can be dropped off any time. To get a receipt, drop off your donations during business hours.
- The Thrift Shop will hold a weekly football drawing throughout football season.
- The Thrift Shop is accepting Christmas items Tuesday through Dec. 13.
- The Thrift Shop will be closed Nov. 20-22.

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

Housing happenings

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

PROHIBITED ANIMALS

The following dog breeds are not permitted in on-post family housing: chow chow, Doberman, pit bull, rottweiler, American Staffordshire terrier, English Staffordshire bull terrier, wolf hybrids or any other breed with dominant traits geared toward aggression. In addition, farm, exotic and wild animals are restricted.

YARD SALES

Residents planning to have a yard sale must obtain approval from Balfour Beatty Communities before the event. Yard sale signs must not be posted on street signs or utility poles. Signs must be staked in the ground and removed as soon as the event is over.

THANKSGIVING ESSAY

Balfour Beatty Communities is accepting essays on the subject "What are you thankful for?" until Monday. Submit your essay via email to ayoungblood@bbcgrp.com or in person at the Community Center.

TURKEY COLORING CONTEST

Turkey coloring sheets are available at the Community Center. Returned entries will be entered into a prize drawing Nov. 30. All entries will be displayed at the Community Center.

SUBMISSION GUIDELINES

Send all submissions to FJLeader@gmail.com. For more information, call 751-7045. For information about classified advertising, contact Camden Media Co. at 432-6157. Classified ads may also be sent by fax to 432-7609 or by email to sbranhama@ci-camden.com. For information about display advertising, contact Kathy at 786-5681. The *Leader* welcomes letters to the editor. All letters should include the name and hometown of the writer.

FLU SHOTS

Moncrief Army Community Hospital is offering free influenza vaccines to military ID card holders. Flu shots will be offered at the following locations:

- MACH, 6th floor, Room 5:** Nov. 21 and 28, 8 a.m. to 8 p.m.
 - Solomon Center:** Nov. 19 and 26, 8 a.m. to 3:30 p.m.
 - Commissary:** Nov. 15, 20, 27 and 29, 10 a.m. to 2 p.m.
 - Exchange:** Nov. 16 and 30, 10 a.m. to 3:30 p.m.
- Vaccines for children younger than 4 are available at MACH, Room 6-39.



Friday, Nov. 16 — 7 p.m.
Won't back down PG

Saturday, Nov. 17 — 2 p.m.
Studio appreciation, free screening. Tickets are available at the food court.

Sunday, Nov. 18 — 2 p.m.
Won't back down PG

Tuesday, Nov. 20 — 1 p.m.
Won't back down PG

Tuesday, Nov. 20 — 4 p.m.
The Possession PG-13

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



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>.



COLUMBIA SALUTES VETERANS

Fort Jackson Soldiers take part in city parade



Photo by KARA MOTOSICKY, Public Affairs Office

Brig. Gen. Bryan Roberts, Fort Jackson's commanding general, renders a salute while leading the Fort Jackson contingency at the Veterans Day parade on horseback.



Photo by VERAN HILL, Public Affairs Office



Photo by VERAN HILL, Public Affairs Office



Photo by KARA MOTOSICKY, Public Affairs Office



Photo by VERAN HILL, Public Affairs Office

Community members show their support for veterans marching in Columbia's 34th annual Veterans Day parade. In addition to more than 400 Fort Jackson Soldiers, the parade included participation from veterans groups, local schools and other organizations supportive of service members.



Photo by DAVID SHANES, command photographer

From left, Post Command Sgt. Maj. Kevin Benson, Brig. Gen. Bryan Roberts, Fort Jackson's commanding general, retired Col. Kevin Shwedo, the director of the Department of Motor Vehicles, and Staff Sgt. David Schible, Fort Jackson's drill sergeant of the year, prepare to lay a wreath during the installation's Veterans Day celebration Nov. 7 at Gate 1.



Photo by VERAN HILL, Public Affairs Office



Photo by VERAN HILL, Public Affairs Office

CMYK

CMYK

27" WEB-100



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

The Troop Medical Clinic 'bragging board' won Moncrief Army Community Hospital's bragging board competition. Boards were on display at the MACH dining facility.

MACH group sponsors 'bragging board' contest

By JULIA GRAY
Moncrief Army Community Hospital

Moncrief Army Community Hospital held its inaugural "bragging board" competition recently in the hospital's dining facility. The competition focused on the achievements and accomplishments of hospital departments and their individual staff members.

The boards included staff photos, achievements, awards, certificates, newspaper articles, volunteer events, thank you cards, baby photos, outside activities and a variety of department related information.

Boards were displayed in the hospital's dining facility to give all staff members an opportunity to view the designs. The boards were judged on originality, appearance, design and creativity.

Departments receiving placement ribbons and special awards were: Troop Medical Clinic, Department of Behavioral Health, Preventive Medicine and

Hospital Facilities. Twelve departments throughout the hospital participated in the competition.

The competition was sponsored by the Culture and Standards working group as part of MACH's employee satisfaction and recognition initiative.

The group sponsors other staff-focused events including quarterly "Welcome to Work" campaigns and periodic "Where's your Badge" campaigns.

The group also developed the MACH Professional Standards Brochure, which outlines the standards and behaviors that MACH staff members incorporate into their daily work routines.

The group's primary goal is to promote team building and morale by helping create a workplace where employees feel they are doing worthwhile work, making a difference and finding purpose in their jobs.

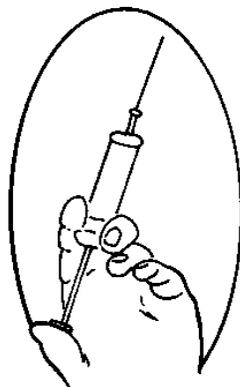
The group is composed of members from various departments throughout the hospital.

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Be smart about using antibiotics

By LISA YOUNG
U.S. Army Public Health Command

Antibiotic resistance is a worldwide public health problem. Resistance occurs when bacteria can no longer be killed by a previously effective antibiotic and the bacteria continue to grow. According to the Alliance for the Prudent Use of Antibiotics, if resistance to treatment continues to spread, our globally connected world may find itself back in the dark ages of medicine — before today's miracle drugs existed.

The misuse and overuse of antibiotics is believed to be the cause of antibiotic resistance among bacteria. The U.S. Centers for Disease Control and Prevention estimate that more than 50 percent of antibiotics are unnecessarily prescribed for upper respiratory infections like cough and cold illness, most of which are caused by viruses.

This is one of the most common causes of improper use and misuse of antibiotic prescriptions. In addition, many people don't complete the full dosage of the antibiotic because they feel better or want to save some for the next time they are ill. This practice leaves some bacteria alive and contributes to the bacteria's future resistance to antibiotic treatment. Limited access to medical care and effective treatments may also lead to self-medication misuse such as sharing or using leftover antibiotics.

The American College of Physicians states that both physicians and patients have a role to play in decreasing the misuse of antibiotics. Physicians should only prescribe antibiotics when tests indicate that a bacterial infection is present. As a patient you can prevent antibiotic resistance by doing the following:

- ❑ Not requesting antibiotics from your doctor or taking antibiotics for a viral infection like a cold or the flu.
- ❑ Not sharing prescriptions or using a prescription that was not written for you.
- ❑ Taking all prescribed doses of the antibiotic.
- ❑ Taking the antibiotics exactly as the doctor directs. Don't skip any doses.
- ❑ Returning for care if symptoms persist.

Be smart when using antibiotics and keep in mind that antibiotics kill bacteria, not viruses. Antibiotics will not keep other people from catching the infection. Taking antibiotics for a viral infection not only wastes time and money but contributes to increased antibiotic resistance. For the health of future generations, do your part to improve appropriate antibiotic use.

To highlight the importance of using antibiotics wisely, the CDC has established this week as "Get Smart About Antibiotics Week."

For more information on the appropriate use of antibiotics and antibiotic resistance, visit www.cdc.gov/getsmart/healthcare/index.html

MACH UPDATES

PHARMACY TRAINING HOLIDAY HOURS

Moncrief Army Community Hospital outpatient pharmacy hours of operation for Nov. 23 will be 7:30 a.m. to 4:30 p.m. The refill pharmacy hours of operation for that day will be 9 a.m. to 4:30 p.m. Both pharmacies will be closed Nov. 22.

facebook

Like the Leader on Facebook.
Log on to your account
and search for "Fort Jackson Leader."

Focus on eternal, not worldly riches

By **CHAPLAIN (CAPT.) MICHAEL FOX**
3rd Battalion, 60th Infantry Regiment

"Oh, my world!" is a very interesting statement. It is one of those arbitrary statements we say when we hear something shocking or unexpected, but do we really want the world? Is it something we really want to possess? Some would say yes. In this world, I can have riches, stuff, position, and power. But do these items really satisfy your soul?

Think about it; what really does this world have to offer? The world offers you fleeting riches, broken stuff, temporary positions and inconsequential power. This sounds tempting, doesn't it? God's word reminds us of the reality that *"the world and its desires pass away, but whoever does the will of God lives forever"* (1 John 2:17).

If I were a betting man I would always bet on the sure thing. Would I focus all my time and energy on something that passes away or something that would live forever?

I would think this is a rhetorical statement, but as I interact and see people all around me, I am dumbfounded

by the sheer desire of people wanting and grabbing for more and more. More what? More worldly stuff that will eventually fade away, with nothing left but bitter disappointment and emptiness.

"What good is it for someone to gain the whole world, yet forfeit their soul?" (Mark 8:36) Maybe it is time to reexamine what truly is of value in this life. Is it striving for the temporary or for the eternal? I choose the eternal. It's time to refocus on the will of God for each of our lives, for this is eternal. Attaining stuff in this world is hard, but the will of God is simple:

- ☐ Love God and love your neighbors. (Matthew 22:34-40)
- ☐ Conform to the image of his Son. (Romans 8:29)
- ☐ Be God's handiwork to do good works. (Ephesians 2:10)

This is a great place to begin. The desires for this world will soon fade away, and, in time, God's desires will become your desires.

"Take delight in the Lord, and he will give you the desires of your heart." (Psalm 37:4)



PROTESTANT

- Sunday
 - 8:30 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (first service)
 - 9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
 - 9:30 a.m. Hispanic, Post Theater
 - 9:30 a.m. Main Post Chapel
 - 10:15 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (second service)
 - 10:45 a.m. Sunday school, Main Post Chapel
 - 11 a.m. Memorial Chapel
 - 11 a.m. Chapel Next, Bayonet Chapel

Protestant Bible Study

- Monday
 - 7 p.m. Women's Bible study (PWOC), Main Post Chapel
- Tuesday
 - 9:30 a.m. to noon Women's Bible study (PWOC), Main Post Chapel
- Wednesday
 - 11:45 a.m. to 12:30 p.m. Fresh encounter Bible study, Family Life and Resiliency Center

- 6 p.m. Gospel prayer service, Daniel Circle Chapel
- 7 p.m. Gospel Bible study, Daniel Circle Chapel
- Saturday
 - 8 a.m. Men's prayer breakfast (PMOC), Main Post Chapel (every second Saturday of the month in the activity room)

Protestant Youth of the Chapel

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

CATHOLIC

- Monday through Thursday
 - 11:30 a.m. Mass, Main Post Chapel
- Sunday
 - 8 a.m. IET Mass, Solomon Center
 - 9:30 a.m. CCD (September through May), Education Center
 - 9:30 a.m. Religious ed class for adults (September through May), Main Post Chapel
 - 9:30 a.m. Religious ed class for children (September through May), Main Post Chapel
 - 10:30 a.m. Reconciliation (after Mass or by appointment), Main Post Chapel
 - 11 a.m. Mass (Main Post Chapel)
 - 12:30 p.m. Catholic youth ministry, Main Post Chapel

- Wednesday
 - 7 p.m. Rosary, Main Post Chapel
 - 7:30 p.m. RCIA/Adult inquiry (September through May), Main Post Chapel

ANGLICAN/LITURGICAL

- Sunday
 - 8 a.m. Anderson Street Chapel

ISLAMIC

- Sunday
 - 8 to 10 a.m. Islamic studies, Main Post Chapel
- Friday
 - 12:45 to 1:30 p.m. Jumah services, Main Post Chapel

JEWISH

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

CHURCH OF CHRIST

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

LATTER DAY SAINTS

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

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

ADDRESSES, PHONE NUMBERS

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