

TUESDAY, NOV. 26, 2013

# THE FORT JACKSON LEADER

PUBLISHED FOR THE FORT JACKSON/COLU  
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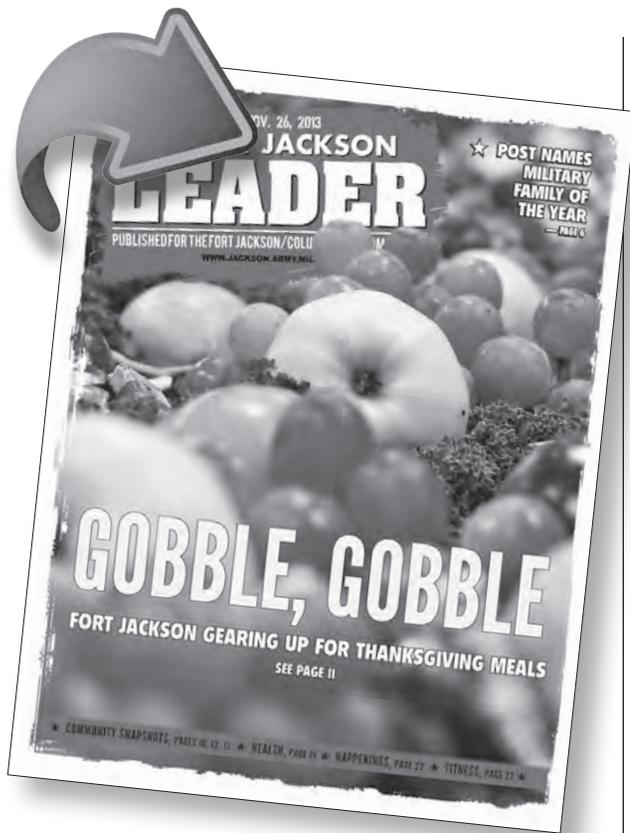
★ **POST NAMES  
MILITARY  
FAMILY OF  
THE YEAR**  
—PAGE 6

# GOBBLE, GOBBLE

**FORT JACKSON GEARING UP FOR THANKSGIVING MEALS**

**SEE PAGE 11**

HEALTH, PAGE 15 ★ HAPPENINGS, PAGE 22 ★ FITNESS, PAGE 27 ★



## ON THE COVER

File photo

Fort Jackson is preparing to serve Thanksgiving dinners to Soldiers, retirees and family members this week. **SEE PAGE 11.**



### Fort Jackson, South Carolina 29207

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## THANKSGIVING MEAL SCHEDULE

The Thanksgiving dinner for retirees will be served from **1:30 to 3 p.m., Nov. 28 at Building 5455**, the dining facility for 3rd Battalion, 13th Infantry Regiment and 3rd Battalion, 60th Infantry Regiment. The cost is \$7.50 per meal. The discounted rate of \$6.45 is available to spouses and dependents of enlisted personnel in pay grades E-1 through E-4. For more information, call 751-7274.

### Thanksgiving meal schedule for units:

Nov. 27	11 a.m. to 1 p.m.	187th Ordnance Battalion	Bldg. 3210
Nov. 27	11 a.m. to 2 p.m.	120th Adjutant General Battalion (Reception)	Bldg. 1875
Nov. 27	11:30 a.m. to 1:30 p.m.	Drill Sergeant School	Bldg. 9572
Nov. 27	11:30 a.m. to 2 p.m.	2nd Battalion, 39th Infantry Regiment	Bldg. 10401
Nov. 27	4 to 6:30 p.m.	1st Battalion, 61st Infantry Regiment	Bldg. 11900
Nov. 28	11 a.m. to 4 p.m.	1st Battalion, 34th Infantry Regiment	Bldg. 11500
Nov. 28	11 a.m. to 4 p.m.	1st Battalion, 13th Infantry Regiment	Bldg. 11500
Nov. 28	11 a.m. to 4 p.m.	2nd Battalion, 60th Infantry Regiment	Bldg. 11500
Nov. 28	Noon to 3 p.m.	2nd Battalion, 13th Infantry Regiment	Bldg. 4270
Nov. 28	11:30 a.m. to 3 p.m.	3rd Battalion, 13th Infantry Regiment	Bldg. 5455
Nov. 28	11:30 a.m. to 3 p.m.	3rd Battalion, 60th Infantry Regiment	Bldg. 5455
Nov. 28	11:30 a.m. to 2 p.m.	369th Adjutant General Battalion	Bldg. 10791



## LETTER TO THE EDITOR

### Cub Scout asks for littering signs

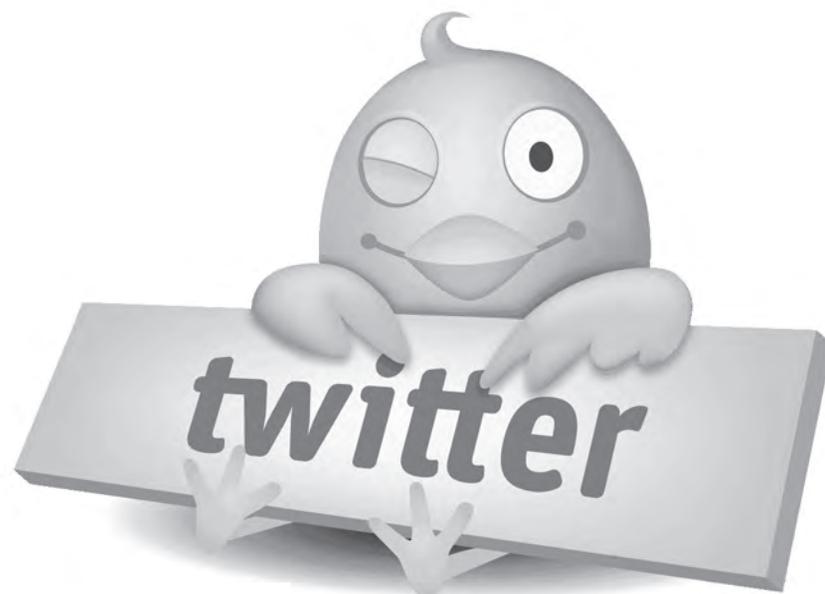
My name is Caden Kannady. I'm in Cub Scouts, and I am concerned about the Fort Jackson parks. Can you put up no littering signs? I am finding plastic bottles, chip bags and paper all over the place. Thank you for your support.

Caden Kannady  
 Fort Jackson

## LETTERS

The Leader welcomes letters to the editor. All letters should include the name and hometown of the writer. The Leader reserves the right to edit letters for grammar, style, spelling and brevity. Send your letter to [FJLeader@gmail.com](mailto:FJLeader@gmail.com). For more information, call 751-7045.

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Photo by OITHIP PICKERT, Public Affairs Office

## Give thanks

Chaplain (Maj.) Isaac Opara, the Catholic community pastor for Fort Jackson, speaks at a community Thanksgiving service Nov. 21 at Main Post Chapel.

# Stay vigilant during Thanksgiving

## Commanders to conduct safety briefings prior to holidays

As we celebrate the Thanksgiving holiday and long weekend, I ask you to be vigilant in looking after the safety of your Family and your battle buddies. Pay attention to their nonverbal communication. Are they communicating signs of distress, or are they having a rough time with the holidays? If they are, please don't leave them alone. Escort them to their supervisor, first sergeant, commander or chaplain, so they can get the help they need.

Many of our military, Civilians and their Families will use the upcoming holiday weekends to travel outside the local area, visiting relatives and friends. Commanders and supervisors must ensure that our military members and Civilians are informed on the potential hazards during these long weekends. Commanders will conduct safety briefings prior to these holiday weekends, to include discussion on the Battle Buddy System, safe alcohol consumption, safety

By  
**BRIG. GEN.  
BRADLEY BECKER**

*Fort Jackson  
commanding general*



driving tips, fatigue avoidance, and seat belt usage at a minimum.

Now is a good time to remind ourselves how to reduce the risks of driving in winter conditions, hunting, home

fires, home decorations and electrical conditions, and ice or snow-covered walkways. Commanders will ensure all Soldiers traveling outside a 150-mile radius of the installation, by automobile or motorcycle, use the Travel Risk Planning System (TRiPS) at <https://safety.army.mil> prior to departing on pass or leave. Department of the Army Civilians are encouraged to use TRiPS to assess their travel plans for hazards.

Regardless of your holiday plans, please be aware of the hazards, take action to guard against them, and execute good safety practices. Every member of the Fort Jackson Family is a precious resource and a valuable member. In order to continue mission readiness, I want all members of the Fort Jackson team to enjoy the upcoming holidays and return to their homes and workplaces safely.

Victory Starts Here!

hAPPY thanksgIVING

## Construction at Gate 2

Construction to replace the swing gates at Gate 2 with new bollards is scheduled to begin Dec. 1. The project is estimated to be completed in about 70 days. Normal gate hours are not expected to change, except on Dec. 1 and 2. During those days, both outbound lanes will be closed from 6 p.m. to 6 a.m. Motorists are asked to use Gate 4 to exit the installation.

*Leader file photo*



# Army names year's top Soldier, NCO

By **SGT. MAJ. TROY FALARDEAU**  
SMA Public Affairs Office

FORT LEE, Va. — The Department of the Army Best Warrior Competition concluded Friday at Fort Lee, Va., with the announcement of the top Soldiers and Non-commissioned Officers.

The 2013 Department of the Army Noncommissioned Officer of the Year is Sgt. 1st Class Jason Manella, assigned to the U.S. Army Reserve Command. The 2013 Department of the Army Soldier of the Year is Spc. Adam Christensen, assigned to the U.S. Army Pacific Command.

Manella, a civil affairs specialist from Fremont, Calif., is currently serving in Company B, 445th Civil Affairs Battalion, Mountain View, Calif. In his 10 years in the Army, he has deployed three times in support of Operation Iraqi Freedom and Operation Enduring Freedom.

Christensen, a Military Policeman from Las Vegas is currently assigned to the 472nd Military Police Company, Fort Wainwright, Alaska. He joined the Army two years ago and hopes to eventually serve in the Special Forces

Command.

The second and third place NCO winners are Staff Sgt. Cory Schmidt, assigned to U.S. Army Forces Command; and Staff Sgt. De Gosh Reed, assigned to U.S. Army Pacific Command, respectively. The second and third place Soldier winners are Spc. Mitchell Fromm, assigned to U.S. Army Reserve Command; and Spc. Michael Sands, assigned to Military District of Washington, respectively.

Vice Chief of Staff of the Army Gen. John Campbell and Sgt. Maj. of the Army Ray Chandler presented the awards to this year's winners in front of an audience that included Army leaders, family members and other supporters. The competitors, representing more than 600,000 Soldiers from 12 Army major commands, were tested over three days in areas such as Warrior Tasks and Battle Drills; an Army Physical Fitness Test; a written exam and essay; a command sergeant major appearance board; land navigation; weapons qualification; and two mystery events.

In an Army interview at the beginning of the competition, Manella said, "Being named Non-commissioned Officer of the Year would be a tremendous

honor not only for me, but also for the Army Reserve component. Winning among the entire Army, including the active duty and National Guard, proves all Soldiers are competent, no matter which component they belong to or train in."

When asked why he wanted to take part in this competition, Christensen said, "I've always had the desire to participate and see just what I'm capable of. I like being around other Soldiers with that same attitude — competing at this level, finding our weaknesses and strengths and always striving to improve and be better. This competition is especially exciting because of its all-encompassing nature. My motivation to be there is to meet the best the Army has to offer, learn, and win."

Soldiers who begin the competition in the ranks of private through specialist vie for Soldier of the Year, and those in the ranks of corporal through sergeant first class vie for NCO of the Year.

With their victories, Manella and Christensen will represent the U.S. Army at official Army ceremonies and community events throughout the next year.

For more information about the competitors and the competition, visit [www.army.mil/bestwarrior](http://www.army.mil/bestwarrior).

## LEADER DEADLINES

Article submissions are due two weeks before publication. For example, an article for the Dec. 19 Leader must be submitted by Dec. 5.

Announcement submissions are due one week before publication. For example, an announcement for the Dec. 19 Leader must be submitted by Dec. 12.

Send your submissions to [FJLeader@gmail.com](mailto:FJLeader@gmail.com).

For more information, call 751-7045.





Photo by WALLACE McBRIDE,

First Sgt. Westley Bockert, second from left, his wife, Heather, third from right, and their six children are honored as Fort Jackson's Military Family of the Year Friday at the Solomon Center. The Bockerts were among 18 families honored during the ceremony.

# Post honors families of the year

By WALLACE McBRIDE  
Fort Jackson Leader

Fort Jackson honored 18 families for their contributions to the community during the annual Family of the Year ceremony Friday at the Solomon Center. The post also named 1st Sgt. Westley Bockert, wife Heather and their six children Military Family of the Year during last week's event.

The family was endorsed for nomination by Col. Bryan Hernandez, commander of the 165th Infantry Brigade.

"I wasn't expecting this at all," Heather Bockert said shortly after the award was announced. "It's an honor. All the things we do seem so minimal, but I guess people see it more than we do."

"I think there are a couple of other families that were probably more deserving," said 1st Sgt. Westley Bockert, of the 1st Battalion, 61st Infantry Regiment. He said he didn't know the family had even been nominated until a week earlier, when he was notified by email.

The nomination form outlined many of the family's contributions to Fort Jackson community during the previous year.

"The Bockerts' most outstanding and selfless contribution to the success of the unit is their decision to babysit many of the drill sergeants' children from their company," the nomination reads. "In one specific case, a single-parent drill sergeant's child was removed from on-post day care for being unruly. This removal would have meant that both of the drill sergeant's children would have to go back to live with their biological father, who does not live nearby."

The Bockerts decided to care for these two children when their mother was at work, though, keeping the family from being separated.

Military Family Appreciation Month is observed every November to recognize and honor military families for their contributions and sacrifices.

## 2013 Family of the Year Nominees

### 193rd Infantry Brigade

- Staff Sgt. Brian Jones and family; Company D, 1st Battalion 13th Infantry Regiment
- Staff Sgt. Jason Rhoads and family; Co. B, 1-13th
- Sgt. Jesse Martinez and family; Co. A, 3-60th
- Sgt. 1st Class David Miller and family; Co. D, 3-13th
- Staff Sgt. Nicholas Graham and family; Co. A, 3-13th
- Staff Sgts. Jonathan and Ana Theobald and family; Co. B, 3-13th

### 165th Infantry Brigade

- Staff Sgt. Maaka Tuionetoa and family; Co. B, 3-34th
- 1st Sgt. Wesley Bockert and family; Co. F, 1-61st

### 171st Infantry Brigade

- Sgt. 1st Class Lynn Dishon and family; Reception Holding Unit, 120th
- Sgt. 1st Class Reva Wood and family, Headquarter and Headquarters Company, 120th
- Sgt. Cyrus Vaughn family; 17th Military Police Detachment
- Capt. Thomas Dean family; HHQ, 171st
- Sgt. Danilo Zunigamadrid family; Co. A, 120th
- Sgt. 1st Class Calvin Avant and Staff Sgt. Jodine Avant and family; Co. C, 187th
- Staff Sgt. Geron Shelton and family; 187th
- Staff Sgt. Curtis Henegar and family; Co. A, 4-10th

### DENTAC

- Maj. Tyler Clark and family

### MEDDAC

- Sgt. 1st Class Robert Holder and family

"The Army recognizes that the selfless dedication and commitment of Army families directly contributes to the readiness of our Soldiers," said Col. Stephen Yackley, Fort Jackson deputy commander. "Families are the force behind the force."

Families of the active Army, National Guard, U.S. Army Reserve, other military services, retirees, and civilian employees were eligible for nomination. Families were nominated based on individual growth of each fam-

ily member, love and teamwork within the family, and friendship and service between the family and Fort Jackson community.

"This is our way of life," Heather Bockert said. "We've done this for 18 years. (The military community is) a very close-knit group, very family oriented. Everyone leans on each other. We're away from our families, so having each other to lean on is awesome."

Milton.W.McBride3.ctr@mail.mil



Photos by MASTER SGT. RICARDO GUTIERREZ, Moncrief Army Community Hospital

Left, Sgt. Friday Acho grades Maj. Shirley Frederick as she requests medical evacuation pickup at the communication station. Above, Sgt. 1st Class Michael Sety demonstrates on Staff Sgt. Gilbert Ariza how to properly search a prisoner of war.

# MACH Soldiers train for combat

## Annual drills refresh basic warrior skills

As combat situations can occur anywhere on the battlefield, it is important that all Soldiers possess fundamental combat skills. Annual Warrior Training produces Soldiers who are better prepared to fight on today's battlefield. Moncrief Army Community Hospital completed its AWT Nov. 4 to 8.

Some of this year's tasks were evaluating a casualty; assembling and disassembling a SINGCARS; sending a nine-line medical evacuation request; detainee operations; land navigation; reacting to contact (direct and indirect fire); occupying a patrol base; and assembling and disassembling an M-4 rifle.



Above, Spc. Andrew Gooden and Sgt. Brandon Dussia advance on 'opposing forces.' Left, Sgt. Marlon Bennett applies a tourniquet to his casualty during the 'care under fire' exercise.



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*Photos courtesy of the U.S. ARMY DRILL SERGEANT SCHOOL*

# Soldiers judge JROTC competition



Twenty drill sergeant leaders with the U.S. Army Drill Sergeant School serve as judges for the JROTC regional championships at Blythewood High School Saturday. The students competed in 12 events. The top four teams in each event advanced to the state championships Dec. 7 at Airport High School, which will also be judged by the Drill Sergeant School Soldiers.

## COMMUNITY SNAPSHOTS



### USC honors military

The University of South Carolina honors the military during its football game Saturday against Coastal Carolina at Williams Brice Stadium. Right, Brig. Gen. Bradley Becker, Fort Jackson's commanding general, is greeted by Ray Tanner, USC athletic director, before the game. The military was also honored during halftime, and Soldiers from Fort Jackson received free tickets to the game. USC routed Coastal Carolina, 70-10.

*Photos by DAVID SHANES, command photographer*





Leader file photo

A Soldier with the 120th Adjutant General Battalion (Reception) fills up his plate with turkey and fixings.

# Dining facilities prepare for Thanksgiving

From staff reports

Fort Jackson is gearing up for its annual Thanksgiving dinners this week, which will be served to new Soldiers and military retirees from around the region. This year's menu includes 2,440 pounds of boneless ham, 1,750 pounds of shrimp, 2,270 pounds of prime rib and more than 3,000 pounds of turkey.

"Everyone's going to be in a festive mood," said John Nelums, quality assurance evaluator with the Directorate of Logistics. "This year, the new quad dining facility is going to serve as the host facility for retirees, guests and family members."

## ON THE MENU

Smoked boneless ham:	2,440 pounds
Oysters:	85 pounds
Prime rib:	2,270 pounds
Shrimp:	1,750 pounds
Turkey, whole:	632 pounds
Turkey, boneless:	3,090 pounds

Completed in 2012, the quad DFAC was the second of its kind in the country. It serves as the centerpiece of a mini-campus for four battalions of Soldiers being housed, trained and educated in nearby "starship" barracks.

The Thanksgiving dinner for retirees will be served

from 1:30 to 3 p.m., Nov. 28 at Building 5455, the dining facility for 3rd Battalion, 13th Infantry Regiment and 3rd Battalion, 60th Infantry Regiment. The event brings together retired Soldiers with those just beginning their careers.

"The new Soldiers want to hear about what Thanksgiving is all about in the military," Nelums said. "It's a time to be with family, and we're going to show you our family. New Soldiers are going to get a look at what their career will be like a little further down the line."

The cost is \$7.50 per meal. The discounted rate of \$6.45 is available to spouses and dependents of enlisted personnel in pay grades E-1 through E-4. For more information, call 751-7274.



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Courtesy photo

## Renewed commitment

Staff Sgt. Monica Saldivar-Ahern, right, a drill sergeant with Company B, 1st Battalion, 61st Infantry Regiment, re-enlists in the Chemical, Biological, Radiological and Nuclear chamber Nov. 14. Saldivar-Ahern is a chemical operations specialist. She said by re-enlisting in the CBRN chamber she wanted to show her commitment to the Army and the Chemical Corps.



## American heritage

As November marks Native American Indian Heritage month, Sgt. 1st Class Joshua Johnson, USARCENT aviation noncommissioned officer, looks at a native sculpture as he tours the display of Native American artifacts in Patton Hall's Lucky Conference Nov. 14.

Photo by Spc. Sharmain Burch  
USARCENT



*Courtesy photo*

### **SSI observes National American Indian Heritage Month**

The Soldier Support Institute held its annual National American Indian Heritage Month observance, which was hosted by the Training Development Directive, Nov. 20. The guest speaker for the event was Marcy Hayden, The Native American Affairs coordinator at the South Carolina Commission for Minority Affairs. Hayden brought out Catawba Indian Nation pottery as well as many other Native American artifacts. Hayden also gave a presentation on the Native American Indian community and population in South Carolina. The observance culminated with Hayden — with the help of some SSI volunteers — demonstrating some of the traditional Native American dances. Pictured, from left, are SSI Command Sgt. Maj. Annette Weber; Col. Angela Odom; Col. Darwin Frett; Sgt. Maj. John Gutierrez; Hayden; Sgt. 1st Class Linda Kremblas; Master Sgt. Lisa Cowboy; and Lt. Col. Richard Stafford.

# Holiday travel and credit cards

The holiday season is upon us, and most of us are making plans to enjoy the holidays at home or hit the road. If you plan to take a trip during the upcoming holiday (or at any time, for that matter) you may want to take a few precautions if you plan to use your credit or debit card.

Most credit card issuers have safeguards in place to protect your (and their) money. These safeguards could leave you at the register with your card being declined. Card companies have grown to know your pattern of spending and what areas you mostly shop in. If you typically make card purchases in South Carolina, and suddenly there are charges in Iowa, it could alert the card company that there is unusual activity on your account. Unusual activity could mean that your account has been compromised.

As a security measure, card companies may block transactions flagged as "unusual" to prevent fraud. This is a feature that can save both you and the card company a lot of headaches down the road. This feature could also leave you embarrassed and without a way to pay on incurred charges.

To avoid this, contact your card issuer ahead of time. In-

## FINANCIAL ADVICE

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

form the company that you will be traveling and the area you plan to travel to. This would also be a good time to find out if fraudulent charges will be covered in full if your card is lost or stolen. Find out if your card company can deliver a replacement card quickly, especially if you are traveling abroad.

Keeping your cards and cash in separate places is also a good idea. That way, if a thief gains access to your belongings, there is a better chance that he or she would not find all of your funds. Unfortunately, you cannot plan for every situation. Having some sort of back-up plan in place will put you at ease and make your trip more enjoyable.

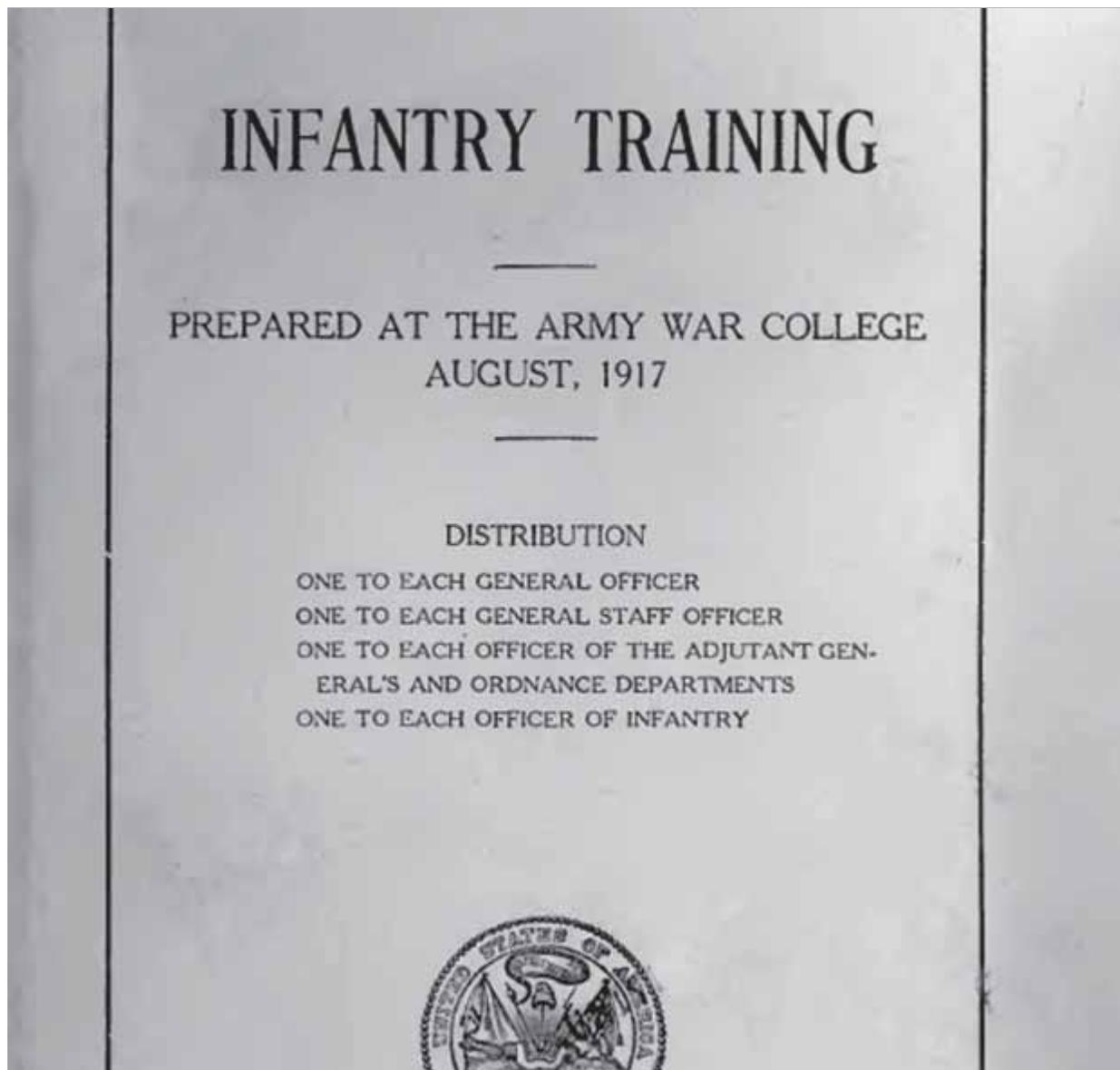


Photo courtesy of the BASIC COMBAT TRAINING MUSEUM

## This week in history

On Nov. 27, 1901, the Army War College was established in Washington. The purpose of the Army War College was to prepare and educate Army leaders and to conduct research and publish on national security and military strategy. During World War I, the Army War College was responsible for publishing many of the documents that established a standardized training program in the United States, including Document 656, *Infantry Training*; Document 731, *Notes on the Automatic Time Fuse Grenade*; and the pamphlet, "Gas Warfare, Methods of Defense Against Gas Attacks."

## News and Notes

### WELCOME CENTER RELOCATES

Effective Dec. 1, the Welcome Center will temporarily locate to the Directorate of Emergency Services at 5499 Jackson Blvd. All incoming permanent-party Soldiers who report after normal duty hours have to report to DES to sign in to Fort Jackson. To inprocess, all permanent-party Soldiers report to Room 200, 5450 Strom Thurmond Blvd., between 7:30 a.m. and 5 p.m. For more information about the Welcome Center, call 751-3149. For more information about inprocessing, call 751-7673.

### HAMPTON PARKWAY PAVING

A Hampton Parkway repaving project is under way, DPW has announced. The plan is to pave one lane at a time so that traffic can flow on the other three lanes. The project is scheduled to be completed no later than Dec. 30. Any questions or concerns, should be directed to Danny Moss at 751-1409.

### ACTIVE SHOOTER EXERCISE

Moncrief Army Community Hospital will conduct an active shooter exercise Dec. 20 from 8 to 8:30 a.m. This exercise will reinforce employee training on responding to an active shooter in the facility. Remember, this is only an exercise.

### CDC CHANGES

Lee Road Child Development Center is now providing overnight and weekend care. It also provides hourly child care from 7:30 a.m. to 5:30 p.m. until Hood Street CDC reopens. After the reopening of Hood Street CDC, Lee Road CDC will accept children for care whose parents work rotating or night shifts. For more information, call 751-4865.



### Reel Time Theaters

We're saving a seat for you.

<b>Tuesday, Nov. 26 — 1 p.m.</b>	<i>Captain Phillips</i>	PG-13
<b>Tuesday, Nov. 26 — 4 p.m.</b>	<i>Prisoners</i>	R
<b>Friday, Nov. 29 — 7 p.m.</b>	<i>Battle of the Year</i>	PG-13
<b>Saturday, Nov. 30 — 2 p.m.</b>	<i>Captain Phillips</i>	PG-13
<b>Sunday, Dec. 1 — 2 p.m.</b>	<i>Carrie</i>	R

**Fort Jackson Reel Time Theater**  
(803) 751-7488

**Ticket admission**  
Adults: \$5.50 (\$7.50 for 3D)  
Children (6-11) \$3 (\$5 for 3D)  
*subject to change*

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Photos by SGT. 1ST CLASS ROBERT HOLDER

Soldiers from Moncrief Army Community Hospital prepare to enter the Chemical, Biological, Radiological and Nuclear chamber during recent training.

# MACH gets 'Back to the Basics'

By ANDRE BUTLER

Moncrief Army Community Hospital

Moncrief Army Community Hospital is getting back to the basics, and hospital key leaders were on the front lines Nov. 13 when MACH Soldiers tackled the Fort Jackson Chemical, Biological, Radiological and Nuclear chamber.

The "Back to the Basics" campaign started last year with the arrival of MACH command team, Col. Mark Higdon and Command Sgt. Major Vincent Bond. They have emphasized the importance of going back to the roots and laying a strong foundation for the unit.

"After more than 11 years of war, our Soldiers need to get back to and focus more on the foundation of Army doctrine," Bond said. "Right now, our Soldiers are still trying to transition into a post-war era. And that alone can sometimes be a difficult task, depending on the individual's war experience."

Bond said it is the responsibility of Army leaders to make sure warfighters know how to conduct themselves in peace time.

"We are actually rebuilding a nation of extraordinary young Soldiers returning from combat," he said. "They are our future, and we owe it to them to train, mentor and continue to provide the guidance needed to succeed in today's force."

Bond said the B2B campaign is the correct way to reshape the U.S. military and that the gas chamber is one piece of the pie to building and enhancing the foundation of



MACH Soldiers exit the Fort Jackson gas chamber as part of the hospital's recent training campaign.

Soldier-based training. During the event, MACH leadership led the way into the chamber for mask familiarization. The exercise is also designed to build cohesion.

"The stinging of the eyes, the running nose, the pain in the chest are very unpleasant, but going through such an event with your Soldiers is priceless," said Capt. Rommel Camange, MACH's Medical Company commander.

Going to the gas chamber was a volunteer training event.

"The gas chamber provides realistic training. It builds confidence in yourself and your equipment, but most importantly, it builds trust and confidence in each other," said Master Sgt. Ricardo Gutierrez, noncommissioned officer in

charge of the Radiology Department.

The NCOs and officers of the organization said they wanted the training be memorable.

"This training might have only lasted 30 minutes, but Soldiers will remember this for the rest of their lives," Camange said.

Bond said that leadership is the key element to B2B Campaign success.

"Leadership is more than just words," Bond said. "It's about setting the example for our Soldiers and enforcing the standards throughout the Army. So expect to see more MEDDAC Soldiers training throughout post."

## MACH UPDATES

### MACH MAIN ENTRANCE TO CLOSE

The main (ground floor) entrance at Moncrief Army Community Hospital will be closed for renovation through July 31. Visitors are asked to pay attention to the signs posted for entry into the hospital and patient drop-off.

## FLU VACCINATIONS

Seasonal flu vaccinations are available to eligible beneficiaries.

Children between 6 and 36 months will be given flu shots on a walk-in or appointment basis at the Family Health Clinic. For more information, call 751-2210.

Flu vaccinations are available at Moncrief Army Community Hospital, sixth-floor Immunization Clinic, Room 6-72, from 8 a.m. to 4 p.m., Monday through Friday.

On Nov. 27, the clinic will be open from 8 a.m. to 7 p.m.

Flu vaccinations will also be available at the following locations:

■ Post Exchange: Nov. 26.

*Information is subject to change.*



Felix Lee, 5, and Filbert Lee, 3, play a magnetic fishing game inside the Solomon Center during Saturday's event.



Photos by WALLACE McBRIDE

Games and crafts line the walls of the Solomon Center Saturday morning during this year's Family Fun Festival, which caps November's Military Family Appreciation Month activities.

# Family Fun Festival

## Post celebrates military families with food, fun and games



Saturday's festival included both indoor and outdoor activities at the Solomon Center. Children enjoy rides on swings, left, while Cameron Dishon, 3, plays a basket game, right.



CMYK

CMYK

27" WEB-100

## Calendar

**Thursday, Dec. 5**

**Christmas Tree and Menorah lighting ceremony**  
5 p.m., Post Headquarters

**Thursday, Dec. 12**

**Red Cross blood drive**  
9:30 a.m. to 2:30 p.m., Moncrief Army Community Hospital  
To register, call 360-2036

**Friday, Dec. 13**

**Hearts Apart/Foreign-Born Spouses holiday celebration**  
5:30 to 8 p.m., Main Post Chapel, multipurpose room  
For more information and to register, call 751-9770. RSVP is required by Nov. 25.

**Sunday, Dec. 15**

**Fort Jackson holiday concert**  
3 to 5 p.m., Solomon Center  
Featuring the 282nd Rock Band.

**Monday, Dec. 16**

**Combined Federal Campaign victory celebration**  
11:30 a.m. to 1 p.m., Officers' Club.

## Announcements

### HOLIDAY HOURS

■ **AAFES:** The Exchange will be closed for Thanksgiving on Nov. 28. It will open 4 a.m., Nov. 29.

■ **Commissary:**

- Nov. 28, closed
- Nov. 29, closed
- Dec. 23, open from 9 a.m. to 8 p.m.
- Dec. 24, open from 9 a.m. to 4 p.m.
- Dec. 25, closed
- Dec. 26, closed
- Dec. 31, open from 9 a.m. to 8 p.m.
- Jan. 1, closed

■ **Dental clinics:** Closed Nov. 29, Dec. 24 and Dec. 31. The dental clinics will also be closed from 12:30 to 4:30 p.m., Dec. 6 and 13. All dental emergencies should report to the Urgent Care Clinic.

■ **Housing office:** Housing services, furnishings and administrative offices for the Single Soldier Complex will be closed Nov. 28 and 29. Balfour Beatty Communities will be closed Nov. 28 and open Nov. 29.

■ **Army Community Services:** Army Community Services will be closed Nov. 29. An on-call emergency caseworker will be available to cover valid and unforeseen financial emergencies. A victim advocate will also be on call. For financial assistance between 8 a.m. and 4 p.m., call 751-5256 and leave a message. To speak to a victim advocate, call 429-4870.

### COMMISSARY ID CARD SCANNING

The Fort Jackson Commissary now scans customers' ID cards during check-out. The scanning helps verify eligibility, determine usage by service and improve the Commissary benefit. For more infor-

mation, click on the Customer Service tab and visit the FAQ section at [www.commissaries.com](http://www.commissaries.com).

### IMMIGRATION EXAMS

The Department of Preventive Medicine at Moncrief Army Community Hospital provides complete immigration exams, including physical exams, tuberculosis screening, laboratory tests and immunizations for TRICARE-eligible beneficiaries. To schedule an appointment, call 751-5251.

### HEALTH BENEFITS OPEN SEASON

The 2013 health benefits open season runs through Dec. 9. For more information, visit [www.opm.gov/healthcare-in-surance/open-season/](http://www.opm.gov/healthcare-in-surance/open-season/).

### COLEMAN GYM HOURS

Coleman Gym now opens at 4 a.m., Monday through Friday.

### HAND BELL CHOIR

The Main Post Chapel hand bell choir is rehearsing Thursdays at 5:30 p.m. at the chapel. The first performance is scheduled for 9:30 a.m., Dec. 22. For more information, email [paul.d.fritts.mil@mail.mil](mailto:paul.d.fritts.mil@mail.mil) or [deborah.f.lyle.civ@mail.mil](mailto:deborah.f.lyle.civ@mail.mil).

### SCHOLARSHIP OPPORTUNITIES

The Army Engineer Spouses' Club announced the 2014 Army Engineer Memorial Awards and the 2014 Geraldine K. Morris Award. For more information on the scholarships, visit [www.armyengineerspouses.com/scholarships.html](http://www.armyengineerspouses.com/scholarships.html).

### ENGLISH CLASS DISCONTINUED

The Army Community Services English as a Second Language class, previously scheduled for 1 p.m., Thursdays, has been discontinued. If there is enough interest, classes may start again. For more information, call 751-1124 or email [Miranda.O.Broadus.civ@mail.mil](mailto:Miranda.O.Broadus.civ@mail.mil).

### WINTER SPORTS REGISTRATION

Registration for winter youth sports is open through Dec. 6. The sports offered are basketball (for ages 4 to 15) and cheerleading (for ages 3 to 13). For more information, call 751-5040/7451.

### FREE COMIC BOOK

The latest military-only free comic book has been released. Copies of, "Thor: The Dark World, the Asgardian Thunder God" are available at the Exchange.

### MENTORSHIP NETWORK EVENTS

The following event is scheduled for the Professional Mentorship Network (female forum):

Nov. 26, 11:30 a.m. to 12:30 p.m., NCO Club: Cassie Premo Steele, Ph. D., creativity coach and author of 12 book and audio publications, will speak about "journaling your way to gratitude — how writing can help you feel more thankful and full." To RSVP, email [Tracy.D.Ariza.mil@mail.mil](mailto:Tracy.D.Ariza.mil@mail.mil).

### REDBOX LOCATIONS

Redbox movie rental kiosks are now located at the Gate 1 and Gate 2 Express locations. Movies cost \$1.20 a day. Games vary in price.

### SPORTS BRIEFS

The annual Jingle Bell 5K is scheduled for 8 a.m., Dec. 7 at Semmes Lake. For more information, call the Sports Office at 751-3096.

Other events are:

- Sand volleyball, Mondays at the court behind Palmetto Falls
- Flag football, Tuesday and Thursday nights, Hilton Field Softball Complex
- Sports banquet, 11:30 a.m., Dec. 11, Solomon Center, RSVP by Dec. 4

### COMMISSARY SPECIALS

The Commissary will offer special discounts throughout November for holiday shoppers. For more information, visit [www.commissaries.com](http://www.commissaries.com).

### AAFES PICTURE CONTEST

The Army and Air Force Exchange Service's Homeward Bound picture contest is open through Dec. 31. Authorized shoppers can submit a photo or video of a military welcome home experience for a chance to win a \$10,000 Exchange gift card. For more information, visit [www.shopmyexchange.com/homewardbound](http://www.shopmyexchange.com/homewardbound).

### PWOC MEETINGS

The Protestant Women of the Chapel meet Mondays from 7 to 8:30 p.m. and Tuesdays from 9 to 11:30 a.m. at the Main Post Chapel fellowship hall. For more information, email [Jackson@pwoc.org](mailto:Jackson@pwoc.org).

### FIRST TIMER CLINICS

The Fort Jackson Education Center will offer First Timer Clinics for service members needing assistance navigating the GoArmyEd Portal. The sessions will be held every other Friday at 9:15 a.m. On alternating Fridays, clinics will be held for service members seeking to transfer educational benefits to dependents and complete a 22-1990 to initiate benefits will be held at 9:15 a.m. Both clinics will take place at the Education Center's Multi-Use Learning Facility. For more information, call 751-5341.

### THRIFT SHOP NEWS

- The Thrift Shop will be closed this week and Dec. 20 through Jan. 7.
- Winter clothes are now accepted.
- Christmas items will be accepted through Dec. 12.
- The Golden Carriage Program provides free ball gowns for spouses of active-duty service members E-5 and below.

*Information is subject to change. Visit the community calendar at [www.jackson.army.mil](http://www.jackson.army.mil) for a full listing of calendar events. Send your announcements to [fjleader@gmail.com](mailto:fjleader@gmail.com).*

*Announcements are due one week before the publication date. For more information, call 751-7045.*

*Community announcements may be ed-*

## Housing happenings

### 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 residents to be a voice for the community. Child care is provided while performing mayoral duties. Positions are currently available in Pierce Terrace 1, Pierce Terrace 2, Pierce Terrace 3, Pierce Terrace 5, Pierce Terrace 6, Pierce Terrace 7 and Howie Village. Interested residents should contact Vickie Grier at 751-7567.

### HOUSING SERVICES OFFICE

The Housing Services Office provides many services, such as assistance with finding a place to live off post and review of lease agreements. Upon request, and HSO counselor will accompany you on your move-in/move-out inspections. Visit the HSO at 4514 Stuart Ave., or call 751-5788/7566/9323.

### PET POLICY

In accordance with Fort Jackson Regulation 40-12 and the Balfour Beatty Resident Guide, residents must make sure that dogs and cats are on a hand leash under the control of a responsible handler at all times when outdoors.

### TRASH CARTS

Trash roll carts should be removed from curbside after pickup. Roll carts should not remain on the curbside after trash pickup day.

### RV LOT

Recreational vehicles are not allowed to remain in the housing area except for loading and unloading. The Housing RV Storage Lot is authorized only for on-post residents who have registered their RV with the Housing Office at 4514 Stuart Ave. Registration of your RV is required before using the facility. Proof of residency, insurance and registration is required. Unauthorized RVs found in the storage lot will be towed at the owner's expense. For more information or to register your vehicle, call the Housing Office at 751-9339.

### CPAC CORNER

The Army Benefits Center, or ABC, includes information on patient protection and the Affordable Care Act on its website. For more information, visit [www.abc.army.mil/ACA/acainfo.htm](http://www.abc.army.mil/ACA/acainfo.htm).

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

# Saluting this Basic Combat Training cycle's honorees

## DRILL SERGEANTS OF THE CYCLE



**Staff Sgt. Grover Murheid**  
Company A  
3rd Battalion,  
60th Infantry Regiment  
**HONOR GRADUATE OF THE CYCLE**  
Spc. Said Seyar

**STUDENT LEADER OF THE CYCLE**  
Spc. Darius Glass

**HIGH BRM**  
Pvt. Jacob Urbina

**HIGH APFT SCORE**  
Elias Burgosgarcia



**Staff Sgt. Dawn Wilson**  
Company E  
3rd Battalion,  
60th Infantry Regiment  
**HONOR GRADUATE OF THE CYCLE**  
Pfc. Douglas Nesmith

**STUDENT LEADER OF THE CYCLE**  
Spc. Ryan McCallian

**HIGH BRM**  
Pvt. Clifton Willingham

**HIGH APFT SCORE**  
Pvt. Daniel Bostwick



**Staff Sgt. Henry Almonte**  
Company F  
3rd Battalion,  
60th Infantry Regiment  
**HONOR GRADUATE OF THE CYCLE**  
Pvt. Jaime Amos

**STUDENT LEADER OF THE CYCLE**  
Spc. Alexander Kopelson

**HIGH BRM**  
Pvt. Jordan Benson

**HIGH APFT SCORE**  
Pvt. Jose Fontanezdevalle

## Weekly honors



**MELENDEZ**

**Sgt. Danielle Melendez**  
Soldier of the week  
USARCENT

# vimeo

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



# READY AND RESILIENT

THE STRENGTH OF OUR NATION.



**U.S. ARMY**

[WWW.ARMY.MIL/READYANDRESILIENT](http://WWW.ARMY.MIL/READYANDRESILIENT)

## Leader deadlines

Article submissions are due two weeks before publication.

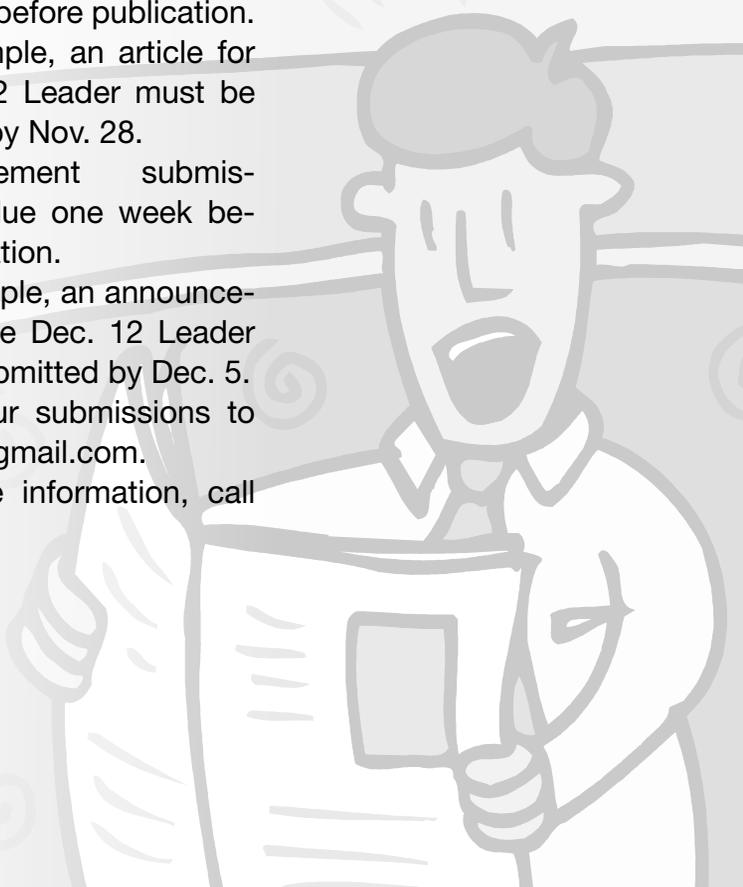
For example, an article for the Dec. 12 Leader must be submitted by Nov. 28.

Announcement submissions are due one week before publication.

For example, an announcement for the Dec. 12 Leader must be submitted by Dec. 5.

Send your submissions to [FJLeader@gmail.com](mailto:FJLeader@gmail.com).

For more information, call 751-7045.



# Your body — it goes with everything

**W**hat goes great with everything yet it is not found in stores? Your body.

Many search for the perfect dress or pants to make their bodies look great. Once you find that perfect outfit, it turns into your go-to item in your closet when you are getting ready for a special occasion or for work. If what you are wearing does not look or feel good on you, it can really compromise your mood for the day. When we look good, we feel good.

Of course, having a healthy fit body comes with many health benefits. But did you also know that the wardrobe is taken to the next level when the body is fit? A fit body complements almost anything that you wear, making getting dressed a real confidence booster.

When you exercise, particularly weight bearing exercises, your muscles change in density and definition. These changes allow what you wear to take up less space. Many believe that muscle and fat are the same, but they are two different types of tissue in our bodies. You cannot replace fat tissue with muscle tissue. What you can do is develop your muscle tissue using weight-style exercises. And you can drop your body fat tissue with more cardiovascular-style exercises along with dieting.

Exercises that are great for the arm include biceps curls and triceps dips. Together, these exercises develop the upper portion of your arm and look great over your clingy long sleeve sweater. The shirt will contour to your arm and show off your muscle definition.

By adding shoulder presses and pushups, your shoulder, chest and back enhance your sweater even more. Many show off shoulder definition by going sleeveless. This is a look you can definitely pull off when you add these exercises to your upper body weight training.

Your sleeveless shirts look great, allowing you to show off your arms, but when we talk about taking up less space, the chest area exposes that your shirt is not making contact with your chest. You have created space in this area so the shirt wears differently. You are not filling the shirt, instead it is framing and making minimal

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## THE WEIGH IT IS

By **PAMELA JAMES-LONG**

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



contact with your chest where muscles have developed and body fat has diminished.

The icing on the cake to make that sleeveless shirt or sweater look amazing is a conditioned torso. A good looking mid-section makes whatever you wear noticed. You don't need fancy equipment or risky moves to improve your tummy area. There are so many variations to crunches that you can focus on crunches, and create a smaller waist and flatter tummy. Once you do this, wearing a belt takes on new meaning because it flatters your waist and accentuates your curves.

A few simple leg moves will offer an improved fit to skirts, dresses and pants. Lunges and squats are the dinosaur moves that will never go away because they work. When you do lunges you trim your hips and entire thigh. Trimmer thighs are hard to obtain, but lunges have proven to be quite effective in this area. Results come pretty quick with lunges — especially when you alternate them with squats. Squats target more of the hip area and hamstrings (back of the thigh) than lunges. Lunges target more of the inner thigh and front of thigh. If you perform both of these exercises, you can create a better looking pair of legs and a great rear view.

Invest more time in your exercise program and less money on a designer wardrobe. You will do wonders for your body and your bank account. Next time you ask yourself, 'What will I wear?' — remember that a healthy, fit body will go great with everything.

