

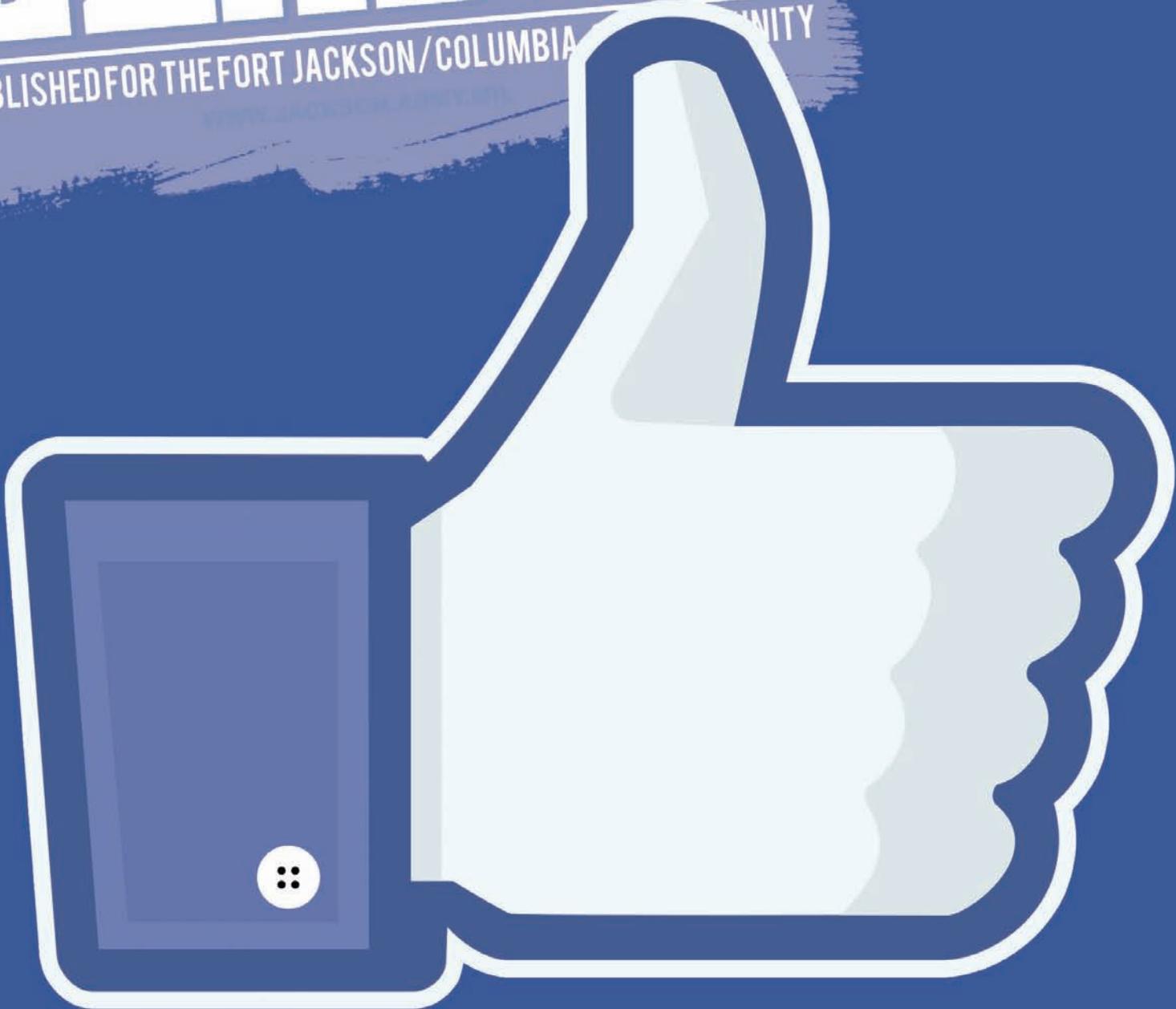
THURSDAY, NOV. 7, 2013

THE FORT JACKSON LEADER

PUBLISHED FOR THE FORT JACKSON/COLUMBIA COMMUNITY

★ **JOB FAIR PLANNED
FOR MILITARY,
VETERANS AND
DEPENDENTS**

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You're Invited!

Post plans 'virtual' town hall meeting

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★ COMMUNITY SNAPSHOTS, PAGES 9, 10, 12 ★ HAPPENINGS, PAGE 19 ★ HEALTH, PAGE 22 ★ CHAPEL, PAGE 26 ★



ON THE COVER

Illustration by WALLACE McBRIDE

Fort Jackson is conducting its next town hall meeting via Facebook. **SEE PAGE 3.**

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 2:30 p.m.	1st Battalion, 61st Infantry Regiment	Bldg. 11900
Nov. 27	11:30 a.m. to 2 p.m.	2nd Battalion, 39th Infantry Regiment	Bldg. 10401
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



Post signs collective bargaining agreement

Fort Jackson Chief of Staff Col. Daniel Beatty, center, signs the National Federation of Federal Employees collective bargaining agreement during a Tuesday ceremony. From left are Shaunda McDonald, Melony Peters, Beatty, NFFE representative Dave Stamey, Jeff Richardson, and Stanley Mitchell.



Photo by DAVID SHANES, command photographer



Fort Jackson, South Carolina 29207

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About Fort Jackson

Fort Jackson, as the U.S. Army's main production center for Basic Combat Training, trains 54 percent of the Army's Basic Combat Training load and 62 percent of the women entering the Army each year. Providing the Army with trained, disciplined, motivated and physically fit warriors who espouse the Army's core values and are focused on teamwork is the post's primary mission. Accomplishing that mission means training in excess of 47,000 basic training and 28,000 advanced individual training Soldiers every year.

The post has other missions as well. Fort Jackson is home to the U.S. Army Soldier Support Institute, the Armed Forces Army Chaplaincy Center and School and the National Center for Credibility Assessment (formerly the Department of Defense Polygraph Institute). It also is home to the Army's Drill Sergeant School, which trains all active and Reserve instructors.

Wall

Info

Photos

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Write something ...

Attach:

Post plans virtual town hall meeting

Next installation Town Hall meeting conducted via Facebook on Nov. 13

By **WALLACE MCBRIDE**
Fort Jackson Leader

Fort Jackson is conducting its first Facebook town hall meeting Wednesday for Soldiers, family members, retirees, veterans and anyone else with questions about the installation.

The event begins at 6 p.m. on the Facebook page for Fort Jackson's U.S. Army Garrison, and is expected to last for three hours. The online session is designed to give Soldiers, family members and post employees the opportunity to engage with installation leadership in a manner that won't require them to step away from work, home or other responsibilities.

"We are excited about the possibilities of the upcoming Facebook town hall meeting for a variety of reasons, not the least of which is we believe it will expand our reach," said Col. Michael Graese, Fort Jackson garrison commander. "Previous town hall meetings have been sparsely attended, and we are optimistic this approach will allow more people to participate. They do not have to leave the comfort of their home and do not have to make a special trip."

Fort Jackson's various directorates will be moderating individual threads on the page that night, said Lewis Kellam, supervisor operations officer with the Directorate of Plans, Training, Mobilization and Security.

"Each of the directorates will establish a thread themselves, so they can monitor the questions," Kellam said. "You can find that post and ask your question."

Participants will have to log in to their Facebook account and "like" the page in order to ask questions.

There's no theme for Fort Jackson's first Facebook town hall meeting. Topics for discussion will be set by participants.

"This is the first one we've done, so I think there will be quite a few questions," Kellam said. "But, a lot of people will be able to pop in and see what is being discussed."

Representatives from directorates as varied as Family and Morale, Welfare and Recreation; Army Community Services; Housing; the Religious Service Office; Installation Legal Office; Directorate of Emergency Services; AAFES; and the Commissary will be online taking and answering questions during the Facebook town hall.

Participants should post their questions in the relevant thread, which will be clearly labeled, he said. In some cases, directorates might need to conduct research in order to answer individual questions, but he's anticipating most will be answered during the Wednesday Facebook session.

"If we can't answer, we'll get them an answer back no later than Nov. 19," Kellam said.

Participation in this month's event will also inform how Fort Jackson will conduct virtual town hall meetings in the future.

"As with everything we do at Fort Jackson, we will adjust as necessary to get the most effective feedback and adjust ourselves accordingly," Graese said.

"We're trying to move to social media," Kellam said. "Everybody's using it now. Having town hall meetings online allows family members to stay home and get their questions answered. They don't have to find someone to babysit."

Milton.W.McBride3.ctr@mail.mil



"like" it on

Facebook

search for:

"U.S. Army Garrison Fort Jackson, SC"



Photo by WALLACE MCBRIDE

Sandra Barnes, right, a coordinator for Fort Jackson's Employee Assistance Program, was recently named IMCOM's Employee Assistance Program Coordinator of the Year. Barnes has been working for Fort Jackson's Army Substance Abuse Program since 2005.

'Dedication to the mission'

Counselor receives IMCOM's Employee Assistance Program award

By WALLACE MCBRIDE
Fort Jackson Leader

This year's IMCOM Employee Assistance Program Coordinator of the Year started her career as a school district secretary.

It was while working at the front lines of the Department of Defense school system that Sandra Barnes, today a coordinator for Fort Jackson's Employee Assistance Program, was inspired to help people in need.

"I went to school and got my master's in counseling, and started working for the Army Substance Abuse Program, where I saw how I could use that tool there," she said. "When I started there, I was a secretary. I was seeing different clients who would come in, but someone else was the EAP. I loved how he taught classes and how he got feedback."

In her early days with EAP, she spent a lot of time following other coordinators and learning from their examples.

"I'd follow everyone around and try to find out how they did it," she said. "When the position came open, I applied for it, and they thought I was a good fit."

Last month, Barnes received the 2013 Director's Army Substance Abuse Program's (ASAP) Employee Assistance Program Coordinator of the Year award.

The scope of the Employee Assistance Program varies from installation to installation, but the program is designed to bring together a variety of personal services under a single roof. At Fort Jackson, EAP is a worksite-based program designed to help with personal problems that impair work performance, and offers assessment, short-term counseling and referral services.

The program is designed for family members of active duty military personnel, retirees and their family members, and Department of the Army civilians and their family members. The service is free and confidential.

"Mrs. Barnes' significant achievement is in line with HQ IMCOM continuing customer service excellence," said Wanda Kuehr, acting chief of the Army Substance Abuse Program. "(Her) dedication to the mission and selfless service to the organization are valuable contributions we greatly appreciate."

Barnes has been with Fort Jackson since 2003, working for Moncrief Army Community Hospital for two years before moving to ASAP in 2005.

"I previously worked for ASAP at Fort Irwin,

(Calif.), so when I got here I was ready to get back to the ASAP office," Barnes said.

EAP offers short-term counseling, and provides classes on post concerning topics such as grief, substance abuse and counter-productive work behavior. Barnes said her job is less about conflict management and more about helping people to leverage differences in productive positive ways.

"I go out and meet with different agencies and talk about those behaviors at work that can cause civilian employees morale to go down," she said. "People may have a problem dealing with their supervisor or dealing with other co-workers. We've all got different personalities, so sometimes that can be a struggle."

She also counsels people on family issues, as well as drug and alcohol problems.

"Every day, I don't know what I'm going to get," she said. "You have to help people work through their issues, and our classes are geared toward things on a personal level. The Fort Jackson community has been incredibly supportive, and understands how important our role is for helping our civilians. Supervisors deal with performance; my job is to deal with the personal stuff, so we civilians can be productive and do what we need to do at work."

Milton.W.McBride3.ctr@mail.mil



Leader file photo

A job fair for veterans and military spouses is scheduled from 9 a.m. to noon, Nov. 19 at the Solomon Center. More than 40 employers will be represented.

Job fair scheduled for Nov. 19

By **WALLACE McBRIDE**
Fort Jackson Leader

More than 40 employers will be attending a job fair on Fort Jackson later this month designed to find jobs for people in the military, veterans and their dependents.

The event takes place from 9 a.m. to noon, Nov. 19, at the Solomon Center. The event is open to veterans and military spouses of all ranks and levels of experience.

“The purpose of this is to pair our Soldiers and their family members with meaningful job opportunities,” said Carolyn Andrews, with Fort Jackson’s Army Career Alumni Program. ACAP helps Soldiers who are preparing to leave the armed forces transition into careers in the civilian world. “We’ll have employers from a broad spectrum, from manufacturing to law enforcement to informational technology.”

The companies planning to attend the Nov. 19 event will feature some of America’s biggest employers, as well as smaller companies from around the region. Some will offer local job opportunities, while others will have jobs available for people interested in relocation.

“There are a couple of ways to get ready,” Andrews said. “The Department of Workforce Development always offers classes, and we will offer a class the day prior to the event. Those (Soldiers) who are transitioning have already gone through this class, but if anyone needs assistance they can contact the ACAP staff.”

Job seekers should bring a resume with them, she said, one that “has been reviewed for content, accuracy and format.”

Contact the Army Career Alumni Program at 751-4109 for more information.

Milton.W.McBride3.ctr@mail.mil



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News and Notes

TURN LANE SIGNALS TO BE INSTALLED

The Directorate of Public Works will be installing left turn lane signals at the intersections of Strom Thurmond Boulevard and Marion Street, and Strom Thurmond Boulevard and Lee Street Friday. The work is expected to be finished the same day. The intersections will remain open with one lane closed periodically. Military Police will provide traffic control during the work. For more information, call 751-9981.

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.

UNIT CHANGES NAME

Effective immediately, the former Third Army/AR-CENT is now called U.S. Army Central. USARCENT is located at Shaw Air Force Base.

COLEMAN GYM CHANGES HOURS

Effective Nov. 15, Coleman Gym will change its operating hours. The gym will be open from 4 a.m. to 9 p.m., Monday through Friday and 6 a.m. to 2 p.m., Saturday, Sunday and on holidays.

MILITARY FAMILY APPRECIATION FUN FAIR

A military family appreciation fun fair featuring rides, games and other attractions is scheduled from 11 a.m. to 2 p.m., Nov. 23 at the Solomon Center.

Information subject to change.

Reel Time Theaters

We're saving a seat for you.

Friday, Nov. 8 — 7 p.m.

Prisoners R

Saturday, Nov. 9 — 2 p.m.

Insidious Chapter 2 PG-13

Sunday, Nov. 10 — 2 p.m.

Parkland PG-13

Wednesday, Nov. 13 — 1 p.m.

The Family R

Sunday, Nov. 13 — 4 p.m.

Parkland PG-13

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



Photos by MAJ. CINDI KING, South Carolina National Guard

The South Carolina National Guard and Fort Jackson conduct the force protection exercise 'Palmetto Guardian' Friday at the McCrady Training Center, Eastover, S.C. Agencies from the S.C. National Guard and Fort Jackson responded to a simulated suspicious package and suspicious person at the McCrady Training Center, where security measures, communication and coordination drills were practiced.

Preparing for the worst

Training exercise readies Soldiers for terror activities

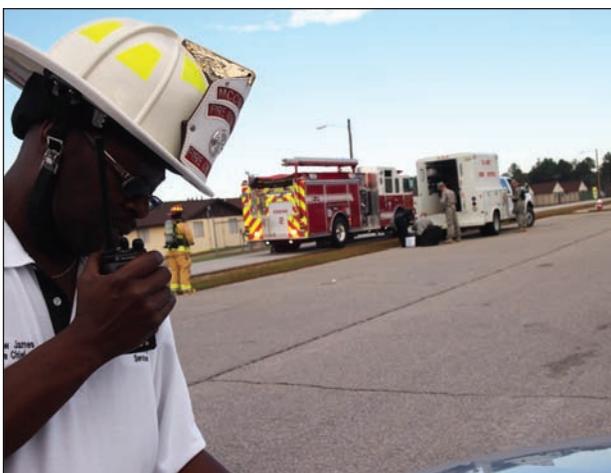
By MAJ. CINDI KING,
South Carolina National Guard

EASTOVER, S.C. — First responders from the South Carolina National Guard and Fort Jackson simulated a suspicious package scenario and staged the apprehension of a suspicious person during the Palmetto Guardian exercise at the McCrady Training Center Saturday.

The training exercise was planned to help various agencies within the S.C. National Guard and Fort Jackson streamline their communication and coordination procedures. It was planned to be as realistic as possible, with McCrady stopping access to visitors and closing off the training installation while various agencies assessed and responded to the situation. The almost 100 participants involved members of the S.C. National Guard's 43rd Civil Support Team, 218th Regimental Leadership, Youth Challenge Academy, the Fire Department and Emergency Medical Services at McCrady, as well as Fort Jackson's Provost Marshal, Police Department and 192nd Explosive Ordnance Disposal Battalion.

"This mission is important for the Fort Jackson Provost Marshal's Office," said Maj. Brad Fisher, Fort Jackson provost marshal. "It gave us a chance to interface with personnel and first responders from McCrady, which we don't often get to do."

The incident unfolded at approximately 8:30 a.m., when a suspicious package was reported, which set the



Andrew James, fire chief at the McCrady Training Center, acts as incident commander during the force protection exercise.

exercise in motion. Installation leadership cleared the area and reported the incident to emergency personnel. Within minutes, first responders from the S.C. National Guard and Fort Jackson began arriving on scene.

The scenario evolved with additional reports of a suspicious person on the installation. Fort Jackson police executed procedures to assist with apprehending the person, while simultaneously the 192nd EOD investigated the package for explosives using a robot. Meanwhile, the 43rd CST put on protective suits to check the package

for any additional threats.

Andrew James, fire chief for the McCrady Training Center, and designated incident commander for this scenario, said this exercise was extremely valuable for his team. He said it allowed them to develop their capabilities and understand the various roles each first responder has during a crisis.

"This was a great exercise for us, in that we learned as events unfold quickly, different agencies take the lead for different parts of the response efforts," James said. "This drill was very valuable to work out any communications issues and see how we can help each other and improve."

By 11:30 a.m., the simulated threat was cleared, and the McCrady installation reopened.

"This exercise was a great display of teamwork between the S.C. National Guard and Fort Jackson," said Lt. Col. Robert Dingle, deputy commander for the McCrady Training Center Garrison Command. "The coordination between the 43rd CST and Fort Jackson EOD was especially beneficial."

Dingle said the exercise also brought together planners, which was important in developing coordination between all parties from the different agencies and tenants on the installation.

"Given the world we live in, force protection is critical," said Dingle. "Through this exercise, we were able to identify some shortfalls, which we can improve upon and be ready if ever faced with a real situation like this."



Photos by WALLACE McBRIDE

Cleaning up the park

Fort Jackson community members came together Monday to do their part in keeping the post beautiful. Volunteers gathered at Semmes Lake to clean up trash around the shoreline. Above, Sgt. Major Jonathan Carpenter, of the Directorate of Emergency Services, picks up trash from around the lake's walking path. Right, Wildlife Technician Travis Dodson and Environmental Storm Water Program Manager Matt Holstein, both with the post's Directorate of Public Works, use a boat to fish some garbage from the lake. Soldiers with the 120th Adjutant General Battalion (Reception) also participated in the event.





C.C. Pinckney Prize Patrol names winners

Photo by PAT WALTERS, C.C. Pinckney Elementary School

The C.C. Pinckney Elementary School Math Prize Patrol rewards families for their participation in a schoolwide math problem solving initiative. Parents received a letter from the school at the beginning of October asking them to participate in math problem solving activities with their children at home. Ninety-one students returned their pledges to the school. Ten of those students were randomly selected as prize winners. The students' families were greeted at their homes Oct. 29 by a caravan of vehicles carrying teachers, the

school administrator, as well as Fort Jackson officials. The families received a box of math supplies, math problem solving games, calculators, a helium balloon and a picture taken with the Pinckney Prize Patrol team. This year's winners included JaVeon Thomas, third grade; Jaismin Nichols, fifth grade; Collins Akpablie, fourth grade; Erykah Bennett, sixth grade; Hailey Sisneros, third grade; Adriana Espinoza, sixth grade; Michael Ewers, fourth grade; Hannah Cirillo, fifth grade; Brianna Walsh, fifth grade; and Jania Vicente, third grade.



Open Season

Shelbie Hubbard, left, an employee of the Hagen Dental Clinic, speaks with Humana representative Susan Gardner during Monday's Health Benefits Open Season event at the Solomon Center. The event was designed to help federal employees make sure they have adequate insurance coverage for themselves and their families.

Photo by WALLACE MCBRIDE



Leader file photo

Upcycling contest set for Nov. 15

The Environmental Office is looking for submissions from crafters and artists for its upcycling contest Nov. 15 during America Recycles Day. Entries have to be created from recycled or reused items. For more information, call 751-5971.

Commissaries to start scanning IDs

By DeCA Public Affairs Division

FORT LEE, Va. — Commissaries will soon begin scanning customers' Department of Defense ID cards at checkouts.

The commissary at Fort Lee, Va., became the first store to scan ID cards on Oct. 22 as the first part of an agency-wide rollout to all stores that begins Nov. 10 and will be completed by mid-January.

Commissary shoppers are used to showing their ID cards to establish their eligibility to use the commissary. By

scanning the ID at checkout, DeCA will no longer need to maintain any personal information on customers in its computer systems, such as the system used for customers who write checks. Scanning will also help improve the commissary benefit for all patrons, according to Joseph Jeu, DeCA director and CEO.

"In addition to verifying customers as authorized commissary patrons, we'll gain information that will give us a better understanding of our patrons, allowing the agency to provide the commissary benefit more effectively and efficiently," Jeu said.

Cross-referenced with other DoD

data, the scan data will give DeCA useful information about patron usage by military service, along with customer demographics that does not identify specific personal data of an individual. This will eventually help the agency identify shopping needs and preferences — information that is essential in today's retail business environment. It will also allow more accurate reporting to the military services on commissary usage.

The demographic information DeCA will use is strictly limited to card ID number, rank, military status, branch of service, age, household size and ZIP codes of residence and duty station.

DeCA will not be using any personal information such as names, addresses or phone numbers.

"The methods, processes and information we'll use will not compromise our customers' privacy — they can be sure of that," Jeu said. "We're putting technology to work to better understand our customers and ensure the commissary benefit continues to remain relevant to them now and in the future."

For more information on ID card scanning, visit http://www.commissaries.com/documents/contact_deca/faqs/id_card_scanning.cfm.

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COMMUNITY SNAPSHOTS



Photo by SGT. 1ST CLASS EDUARD WILHELM, U.S. Army Chaplain Center and School

Awareness run

Sgts. 1st Class Lesly Ramirez and Alicia Pena, with Amanda Wilhelm, a military family member, cross the finish line of the Avon Walk for Breast Cancer, Oct. 27 in Charlotte, N.C. The two-day walk to raise awareness for breast cancer research stretched over 39.3 miles. Pena is the U.S. Army Chaplain Center and School's Resource Manager Course noncommissioned officer in charge, and Ramirez is the Training Execution Division NCOIC.



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

Meeting of the Minds

Interfaith Partners of South Carolina, a statewide partnership of interfaith organizations, gathered Monday at the U.S. Army Chaplain Center and School for the group's annual board of directors and advisory counsel meeting. Pictured are counsel members Arunima Sinha, DMarion Aldridge, Hayes Hampton, and Jane Zenger. The meeting included a roundtable discussion, followed by a tour of the Chaplaincy Museum and Memorial Garden.

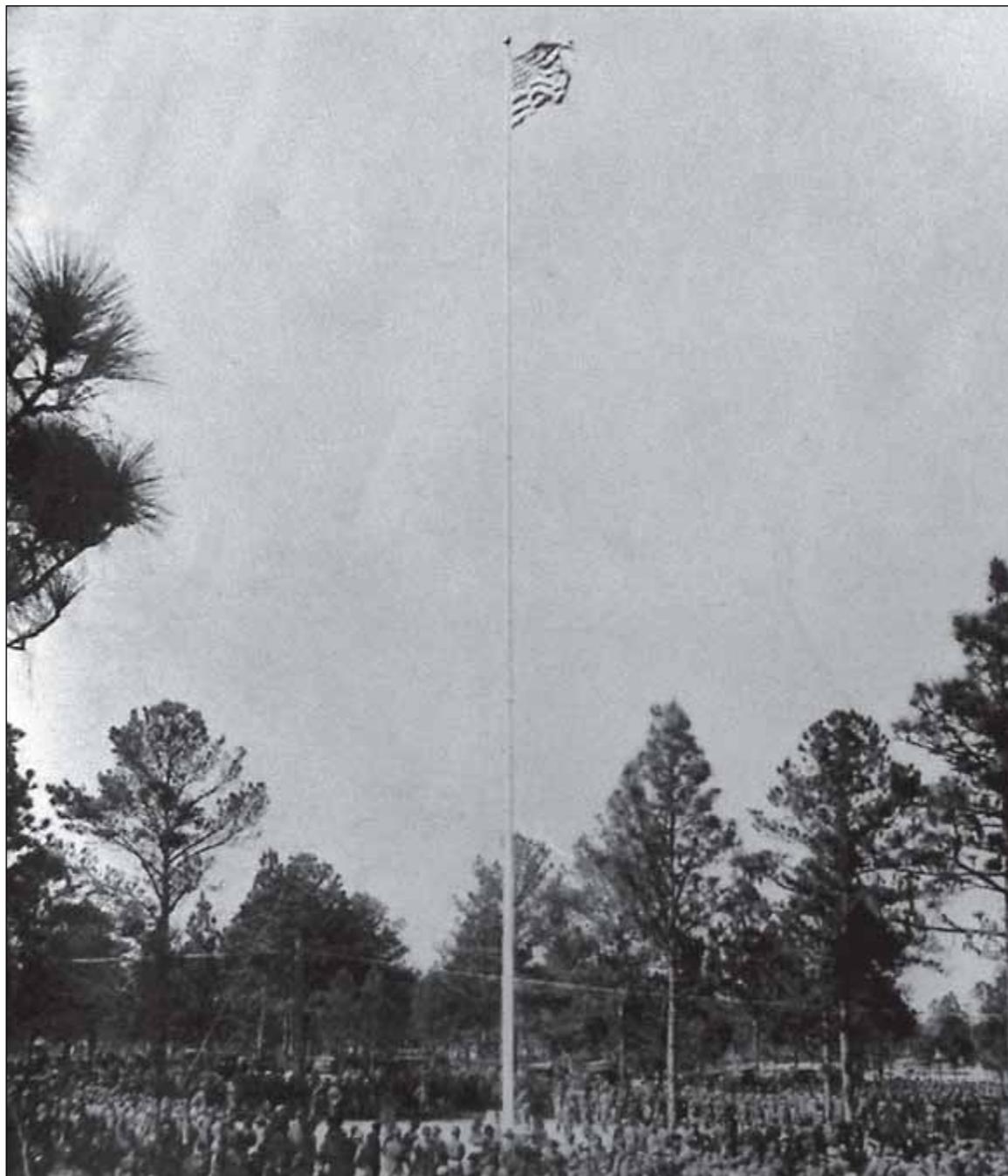


Photo courtesy of the BASIC COMBAT TRAINING MUSEUM

This week in history

On Nov. 1, 1917, Camp Jackson dedicated the post's first flagpole in front of the commander's headquarters, and the American flag flew over the installation for the first time. The post commander, Maj. Gen. Charles J. Bailey, and thousands of Soldiers, civilians and distinguished visitors attended the ceremony, which featured a thousand tiny American flags fluttering down from the top of the flagpole as the standard flag was raised up. At the time, the Camp Jackson flagpole was the tallest flagpole in the United States at 153 feet. The flagpole had a 15-inch diameter at the base, a 4-inch diameter at the top, and was topped with a 12-inch brass ball. The flagpole was mounted in front of Fort Jackson's modern-day Dozier House where the base of the flagpole and a marble marker remain as testaments of the dedication ceremony. Four concrete anchors, used for guying the pole, also remain.

Relocation program bridges cultural gaps

By **MIRANDA BROADUS**
Army Community Services

As a foreign-born spouse are you concerned about meeting new friends, what services are available and whom to contact regarding these issues? The Army Community Services Relocation Readiness Program has the answers.

Many foreign-born spouses share the same emotions Americans do when moving from state to state or from country to country. However, some do not share the luxury of being closer to family members or friends and remain committed to being homebound.

The Relocation Readiness Program is a resource to people who have concerns about American society. The military foreign-born spouse and multi-cultural program provides assistance to Soldiers with foreign-born spouses by disseminating and distributing vital information. This information may come in the form of multilevel language programs, cross-cultural training and cultural mediation services.

Foreign-born spouses face numerous challenges, such as adapting to and flourishing in American culture. This program provides an opportunity for spouses to get together and discuss all concerns or issues while sharing ideas and methods to help overcome specific language or culture barriers.

English as a Second Language classes are offered for those who are interested in improving their English skills, finding a job, understanding the citizenship exam, improving their social skills, continuing their education, having more confidence and understanding their English speaking friends or families.

Classes are no longer offered on post, but are offered through Richland One Adult Education, 2612 Covenant Road, 343-2935. Registration is on Mondays at 11:30 a.m. or Tuesdays at 11:30 a.m. or 4:30 p.m. Call (803) 343-2935 for more information and to register. The class is open to anyone needing basic English language instruction.

On Dec. 13, from 5:30 to 8 p.m., the Relocation Readiness Program will host a holiday celebration at the Main Post Chapel's multi-purpose room. All foreign-born spouses are invited to an evening of fun, food, music and games. Wear your best attire and take a holiday photo. Please bring a dish and recipe to share.

For more information and to register, call Miranda Broadus at 751-1124 or email miranda.broadus@us.army.mil. RSVP is required by Nov. 25.



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Sexual assault victims entitled to lawyer

By **C. TODD LOPEZ**
Army News Services

WASHINGTON — Victims of sexual assault now have the option to have legal representation following a sexual assault.

During criminal proceedings in a courtroom, the defendant has a lawyer. The state is also represented by its own lawyer, the prosecuting attorney. But the victims of sexual assault have historically not had the benefit of a state-provided advocate as they are interviewed, as they testify on the witness stand, and as they move through the other complexities of the criminal justice system.

This is no longer the case.

Beginning Nov. 1, Soldiers who report that they have been the victim of a sexual assault can elect to have a special victims counselor assigned to them. An SVC is an active duty Army attorney, provided at no charge to the victim, who will represent the victim's interest throughout the course of the legal proceedings that might follow the report of a sexual assault.

Col. Jay McKee, an Army lawyer with the Army's Office of the Judge Advocate General, serves as the program manager for the Army's Special Victims Counsel program.

"Once the crime happens, or alleged crime happens, and the victim is seen by a victim advocate, or at the hospital or by Victim Witness Liaison — however the victim is taken into the system — (victims) are notified that they have a right to an SVC."

It is a misconception, McKee said, that the prosecuting attorney in a criminal case represents the victim of a crime. The prosecutor represents the government's interests or society's. But McKee added that in almost all cases those governmental interests are the same as the victim's — to see that justice is done.

"The prosecutor wants justice. He is serving the community; he is serving the military justice system for good order and discipline of the force," McKee said. "And 99 percent of the time, that interest is aligned with the victim's. They want the same thing."

But sometimes, McKee said, the victim might have concerns that require the assistance of an attorney.

For example, the defense attorneys might also want to bring into the trial a victim's medical records or past sexual history. That might possibly damage a victim's reputation or embarrass her.

"They can try to get that introduced on the record,"



Photo by AIR FORCE STAFF SGT. NICHOLAS RAU, Army News Service

Beginning Nov. 1, Soldiers who report they have been the victim of a sexual assault can elect to have a special victims counselor assigned to them. An SVC is an Army attorney, provided at no charge to the victim, who will represent the victim's needs throughout the course of the legal proceedings that might follow the report of a sexual assault.

McKee said. "The defense is there to represent the defendant, the accused, they are going to put on the best case for the accused. Sometimes that is not in the best interest of the victim to undergo cross examination in a public trial about her past sexual history or to have her personal medical records be reviewed by parties to a courts martial."

The SVC can help the victim make sense of the ramifications of trial, and help her understand what will happen. McKee also said that although the SVC will not participate in the "adversarial portion" of a trial — in that there will not be a third table in the courtroom for the SVC and the victim — the SVC will be able to make motions on behalf of the victim, talk to the special victim prosecutor, the trial council, trial defense attorney, and the staff judge advocate "in terms of what justice looks like for the victim."

Right now, there are about 45 SVCs in the Army across the United States and in Europe. There will soon be an SVC in Afghanistan as well. The total number of SVCs the Army will ultimately need will be determined after a year of evaluating manpower needs for SVCs, McKee said.

SVCs are nominated for service out of the existing pool of Army lawyers, and serve for no more than two years. They are chosen after an evaluation based on their military justice experience, maturity and judgment. Those chosen for the program undergo three days of training, which includes classes on professional responsibility, military rules of evidence, the Army's parole system, forensic medical exams, rules for practicing as an SVC, and classes from professionals who teach about how to treat and talk with a victim of a sexual assault.

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE (Photos by OITHIP PICKERT, Public Affairs Office)



Staff Sgt. Shana Abdus
Company A
1st Battalion,
13th Infantry Regiment

OUTSTANDING SOLDIER OF THE CYCLE

Pvt. Jake Manning

SOLDIER OF THE CYCLE

Pvt. Elizabeth Engh



Staff Sgt. Jessica Scott
Company B
1st Battalion,
13th Infantry Regiment

OUTSTANDING SOLDIER OF THE CYCLE

Pfc. Ronesia Benton

SOLDIER OF THE CYCLE

Pfc. Daniel Pikkraine



Staff Sgt. Allan Froa
Company C
1st Battalion,
13th Infantry Regiment

OUTSTANDING SOLDIER OF THE CYCLE

Pvt. Angel Ortega

SOLDIER OF THE CYCLE

Pvt. Joshua Leonard



Staff Sgt. Lyndonna Charles
Company D
1st Battalion,
13th Infantry Regiment

OUTSTANDING SOLDIER OF THE CYCLE

Pvt. Joshua Dowden

SOLDIER OF THE CYCLE

Pvt. Thomas Garcia



Staff Sgt. Jared Timko
Company E
1st Battalion,
13th Infantry Regiment

OUTSTANDING SOLDIER OF THE CYCLE

Spc. Ryan Cuda

SOLDIER OF THE CYCLE

Pvt. Anais Paniagua



Staff Sgt. Charmaine Duany
Company F
1st Battalion,
13th Infantry Regiment

OUTSTANDING SOLDIER OF THE CYCLE

Pvt. Angela Kim

SOLDIER OF THE CYCLE

Pvt. Alexander Foytik

Weekly honors



KELLY

Spc. Liam Kelly
Soldier of the Week
U.S. Army Central



PERRIN

Staff Sgt. Robert Perrin
Drill sergeant of the cycle
Task Force Marshall

Leader deadlines

Article submissions are due two weeks before publication.

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

Announcement submissions are due one week before publication.

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

Send your submissions to FJLeader@gmail.com.

For more information, call 751-7045.

Calendar

Sunday

Veterans Day Service

10:15 a.m., Daniel Circle Chapel Rear Adm. (Ret.) Reubin B. Bookert will speak. Westwood High School Color Guard will participate.

Wednesday

Retired Officers Wives Club luncheon

11:30 a.m., Officers' Club
To make a reservation, call 788-5084.

Friday, Nov. 15

Native American Indian Heritage Month luncheon

11:30 a.m. to 1 p.m., Officers' Club
The guest speaker will be Dr. Courtney Lewis, a Cherokee Nation citizen from Oklahoma. Tickets cost \$10.50.

Thursday, Nov. 21

Adjutant General's Corps Regimental Association, Carolina Chapter breakfast

7 to 8:30 a.m., NCO Club
For more information, email Eldora.E.Johnson.civ@mail.mil.

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.

Announcements

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.

EDUCATION WEEK

Army Continuing Education will celebrate American Education Week Nov. 18-22. This year's theme is, "Army Continuing Education — Strength and Resilience through Education." For more information on ACES programs and services, call 751-5341.

CALL FOR ARTISTS

The Environmental Office is looking for submissions by crafters and artists for its upcycling contest Nov. 15 during America Recycles Day.

Entries have to be created from recycled or reused items. For more information, call 751-5971.

WINTER SPORTS REGISTRATION

Registration for winter youth sports is open through Dec. 31. The sports offered are basketball (for ages 4 to 15) and cheerleading (for ages 3 to 13). For more information, call 751-3807.

CHANGES IN ID CARD OFFICE

The ID Card Office has changed hours of operation to ensure the best possible service for customers. The ID card offices now operate on an appointment-only basis Monday-Friday, from 9:30 a.m. to 4:10 p.m. Walk-in hours will be from 8 to 9:15 a.m. Walk-ins that cannot be accommodated during walk-in hours will be asked to make an appointment or provided information to visit a different facility.

ID card appointments can be scheduled by using the ID Card Appointment Scheduler System at <https://rapids-appointments.dmdc.osd.mil>. Only one customer may be scheduled per appointment. Each customer must bring two valid forms of identification. One must be a valid federal or state picture ID and the other may be a valid driver's license, social security card, birth certificate, passport, or voter's registration card. Customers who need to update/enroll in the Defense Enrollment Eligibility Reporting System (DEERS), reset a Personal Identification Number (PIN), or a DD Form 1172-2, an appointment is not necessary. Soldiers-in-Training do not need to schedule an appointment; however, it is highly encouraged to expedite the process.

For more information, call Sharon Jackson at 751-6024 or email sharon.l.jackson2.civ@mail.mil.

MENTORSHIP NETWORK EVENTS

The following events are scheduled for the Professional Mentorship Network (female forum):

■ Tuesday, 11:30 a.m. to 12:30 p.m., NCO Club: Kimberly Richardson, president of Windows of Opportunity, will speak about "Hope. There is happiness after a loss."

■ 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.

EXCHANGE SWEEPSTAKES

AAFES is seeking the 10 best pictures in its "Mom and Baby Photo" sweepstakes. The winners will win a diamond pendant. The deadline to enter is Nov. 14. For more information, visit www.shopmyexchange.com/patriotfamily.

COMMISSARY SPECIALS

The Commissary will offer special discounts throughout November for holiday shoppers. For more information, visit www.commissaries.com.

RED CROSS VOLUNTEERS

Community members interested in volunteering for the American Red Cross on Fort Jackson should call 751-4329. Volunteer orientation is offered online.

Additional training is necessary for those volunteering in a clinical setting. The Red Cross is looking for volunteers to work at Moncrief Army Community Hospital's transportation department on Tuesdays and Thursdays from 8 a.m. to noon. Primary duties are assisting patients in wheel chairs and transporting paperwork. The Red Cross is also in need of golf cart drivers to take patients from their cars to the hospital entrance. A valid driver's license is needed.

FREE COMIC BOOK

A free Iron Man comic book exclusively for military readers is now available at the Exchange.

AAFES PICTURE CONTEST

The Army and Air Force Exchange Service's Homeward Bound picture contest is open Friday 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.

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.

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.

SPORTS BRIEFS

The annual Turkey Trot 5K is scheduled for Nov. 23. For more information, call the Sports Office at 751-3096.

THRIFT SHOP NEWS

The Thrift Shop is looking for a cashier. Apply at the store during business hours.

- Meanwhile:
- The Thrift Shop will be closed the week of Thanksgiving and Dec. 20 through Jan. 7.
 - Winter clothes are now accepted.
 - Thanksgiving items will be accepted through today.
 - Christmas items will be accepted Nov. 19 through Dec. 12.
 - The Golden Carriage Program provides free ball gowns for spouses of active-duty service members E-5 and below.

RETIREMENT CEREMONY

The next U.S. Army Central retirement ceremony is scheduled for 2 p.m., Friday at Patton Hall.

Information is subject to change.

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.

Off-post events

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

VETERANS DAY BREAKFAST

Westwood High School in Blythewood will recognize veterans with a breakfast 8 to 9 a.m., Monday. For more information and to RSVP, call 691-4049, ext. 36409.

VETERANS WORKSHOP

A veterans information workshop is scheduled for 9:30 a.m., Saturday at New Ebenezer Baptist Church, 1236 Gregg Street. Representatives from various veterans' organizations will be present. For more information, call 256-3984 or 394-8896.

COLONIAL CUP MILITARY TICKETS

Three thousand free tickets are available to active-duty and retired service members and their families for the 44th annual Colonial Cup steeplechase race, Nov. 23 in Camden. Visit Victory Travel to pick up a ticket reservation form. For more information, visit www.carolina-cup.org.



Follow the Leader on
TWITTER

www.twitter.com/fortjacksonpao

Laughter may offer relief from depression

By **JUDITH WOODWARD**
U.S. Army Public Health Command

Depression is one of the most common medical conditions. It can affect anyone at any time. This year, the Army is joining organizations and communities across the nation to raise awareness about the dangers of depression. The Army's theme, "The Courage to Seek Help," emphasizes that depression is one of the most treatable behavioral health conditions. Getting an early diagnosis and treatment may help reduce the intensity and duration of depression symptoms.

According to the Centers for Disease Control and Prevention, an estimated one in 10 Americans report depression. This means that every year more than 31 million Americans say they suffer from depression. It can affect men, women, the elderly and even children.

When you hear about depression, you may think, "I don't know anyone who is depressed. I will never be depressed. No one around me will ever be depressed. No one I care about will be affected by depression."

According to the statistics, though, your spouse, mother, sister, child, grandparent — or even you — could become

depressed. In addition, depression affects not only the person who is depressed, but can affect families, friends and co-workers.

It may be hard to believe, but one of the most effective ways to help yourself or someone you love with depression is with laughter. Laughter is such a powerful, inexpensive and dependable tool that is always available. Did you know that laughter can ease stress, pain and sadness? There are many other ways laughter is good for your health:

- Laughter helps make you happy. Laughter increases the release of endorphins, which are the body's feel-good chemicals that make you feel well and can even relieve pain.

- Laughter helps you relax. The harder you laugh the more muscles you use in your face, arms, legs and stomach. Using these large muscle groups increases oxygen flow, so that your muscles relax more efficiently.

- Laughter helps you stay healthy. Laughter decreases stress hormones, helps protect you against infections like a cold or the flu, and increases your ability to fight off infections.

- Laughter makes you smarter. OK, laughter cannot really make you smarter, but it can boost your memory and learning ability by increasing important brain activity in your

cerebral cortex, which controls your higher functioning.

Consider some ways you can incorporate laughter into your life. The simplest way is to start with a smile — a smile is the beginning of laughter, and it is contagious. Another easy way to start on your path to laughter is to simply make a list of things you are happy about in your life. Another simple idea is to surround yourself with people who laugh and are playful. If you hear laughter, move toward it — most often, people are happy to share what they are laughing about because it gives them the opportunity to laugh again.

Some events are clearly not occasions for laughter, but most life events do not push you toward either laughter or sadness. Most events fall into the in-between place of simple, ordinary life — this gives you the choice to be sad, or the choice to laugh. Although studies do not show that laughter adds years to your life, there is evidence that laughter will add life to your years.

For those who feel they need more than laughter to deal with depression, primary care or behavioral health care providers can provide screening and care. The Department of Defense also offers anonymous behavioral health assessments for Soldiers, family members and civilians around the clock at www.militarymentalhealth.org.

MACH UPDATES

WOMEN'S CLINIC TRANSITION

After 18 months of remodeling and renovation, the Surgical Care and Women's Health Clinic will begin clinic transition. The following services will be temporarily interrupted: Gynecology, Surgical and Dermatology Clinic will be closed Nov. 19-22. Mammography services will be closed Nov. 11-22. Ultrasound services will be closed Nov. 20-22. All services will reopen Nov. 25.

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

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.

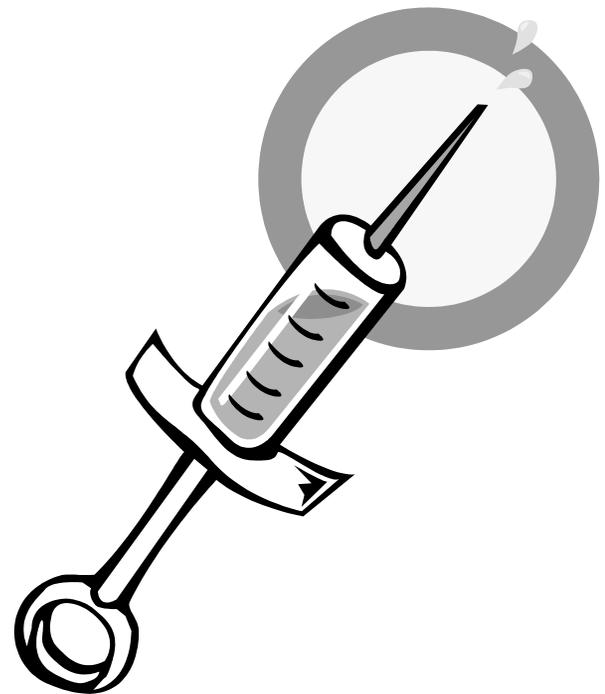
Flu vaccinations are available at Moncrief Army Community Hospital, sixth-floor Immunization Clinic, Room 6-72, from 8 a.m. to 4 p.m., Monday through Friday.

On Nov. 13 and 27, the clinic will be open from 8 a.m. to 7 p.m.

Flu vaccinations will also be available at the following locations:

- Solomon Center: Nov. 18
- Commissary: Nov. 19
- Post Exchange: Tuesday and Nov. 26.

Information is subject to change.



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>.





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 to 11:30 a.m. Women's Bible study (PWOC), Main Post Chapel
- Wednesday
 - 6 p.m. Gospel prayer service, Daniel Circle Chapel

7 p.m. Gospel Bible study, Daniel Circle Chapel
 ■ Thursday
 11:45 a.m. to 12:30 p.m. Fresh encounter Bible study, Chaplain Family Life Center

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, Chaplain Family Life 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
 - 3 to 5 p.m. LDS family social, 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.
- Chaplain Family Life Center**
5460 Marion Ave (to the side of the POV lot), 751-4961
- 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