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THE FORT JACKSON LEADER

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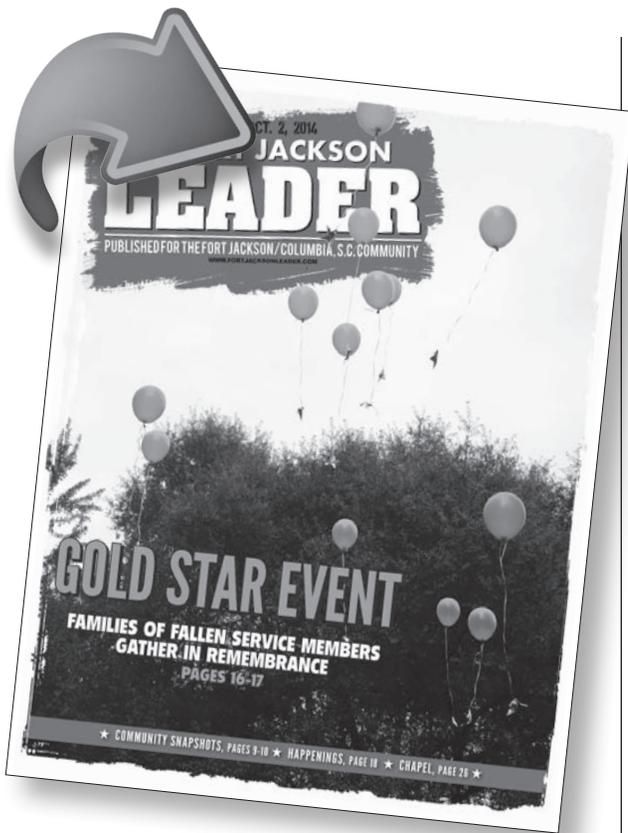
GOLD STAR EVENT

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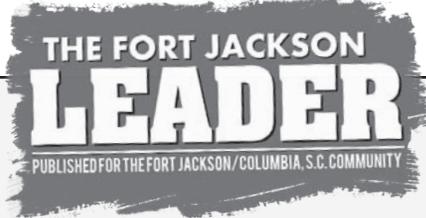
NEWS



ON THE COVER

Photo by SUSANNE KAPPLER

Gold Star family members release 50 balloons carrying personal messages in memory of their loved ones during the Gold Star Mothers and Families Day event Saturday at Columbia's Lace House. **SEE PAGE 16.**



Fort Jackson, South Carolina 29207

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Photo by WALLACE McBRIDE

SSI welcomes new command sergeant major

Command Sgt. Maj. Matthew Suggs, right, receives the Soldier Support Institute's colors from Brig. Gen. Paul Chamberlain, SSI commanding general, during a change of responsibility ceremony Tuesday at Darby Field. The transfer of the colors signifies the relinquishing of responsibility and authority from outgoing Command Sgt. Maj. Annette Weber to Suggs, who was previously assigned to the Recruiting and Retention School where he served as the proponent sergeant major for the career management field 'recruiting and re-enlistment.' Weber's next assignment will be at the Department of Labor's veterans affairs program.

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Suicide survivor tells his story

Veteran speaks at post's Suicide Prevention Month events

By **ANDREW McINTYRE**
Fort Jackson Leader

Andrew O'Brien, a former Soldier assigned to 3rd Brigade Combat Team, 25th Infantry Division in Hawaii, spoke to Soldiers and civilians Sept. 26 and 29 at the Solomon Center about his personal battles that led him to attempt suicide in 2010, after returning from Iraq.

"I took over 120 pills in less than 3 minutes, and I chased it down with 2 beers," he said.

O'Brien's visit was the last in a series of activities that took place on post during September to raise awareness for suicide prevention.

He said his downward spiral began when he was on rest and recuperation leave from a deployment to Iraq in 2009. During his leave, he found out that one of his best friends was wounded in action.

"When Spc. Mendoza was shot, I wish that I had been there for him. I feel like I let my brother down. Although Spc. Mendoza, survived the attack, I felt guilty for not being there," O'Brien said.

He explained that although he felt guilt about not being there for his battle buddy, the reality of war had not hit him yet.

"One day we went out on a convoy, and when we returned we had received word that one of our military police convoys had been hit by an IED," he said. "We were ordered not to go look at the (Mine-Resistant Ambush Protected Vehicle) under the white tarp."

He explained that a white tarp over a vehicle meant the vehicle had not been cleaned of human remains.

"I just had to see what could really happen in war. Up until this point I had not seen what could really happen if I stay complacent. I needed to see for myself," he said.

O'Brien said he pulled back the tarp and what he saw made him sick to his stomach. However, he said he did not have the time and opportunity to process his feelings then.

"During my deployment, I mentally blocked certain thoughts in order to make it through the deployment," he said. "What many Soldiers don't know is that when you mentally block all of those thoughts while you're deployed, when you return home



Photo by **ANDREW McINTYRE**

Andrew O'Brien, a former Soldier, talks about his experience surviving a suicide attempt Friday at the Solomon Center. O'Brien addressed Fort Jackson Soldiers and civilians during four sessions Friday and Monday.

your mind will start to process all of the things you blocked out because it realizes that you are in a safer place."

After his return, he started showing warning signs that something was wrong, O'Brien said.

"I began showing up to (physical training) formations hung over from drinking so much the night before," he said. "I also stopped seeing the behavioral health specialist. And sign number three was that I got arrested for driving 140 mph down the highway — risky behavior."

He said the day he tried to commit suicide, he got into an argument with a friend about a woman.

"It was like shaking a soda can and popping the tab. That was the final straw and everything exploded," he said.

O'Brien said he took a combination of sleeping pills, painkillers and anti-depressants. But as the medicine started to take effect, he became really frightened and realized that he didn't want to die yet, so he

called 911, he said. Emergency responders rushed him to a hospital, where he was in a coma for two days.

O'Brien said when his brother, Lee, an infantryman, found out about his suicide attempt he cried. He explained that his brother was upset because he did not tell him about his issues and that it was a selfish act on his part.

"My brother said, 'I've been to Afghanistan. I've done 18 months, I've done hand-to-hand combat. I've been in fire fights. How come you didn't talk to me about all of things you were going through?'" O'Brien said.

O'Brien said he told his brother that the reason why he didn't confide in him was because he thought his brother had been through so much more and that he felt his experience did not compare to his brother's.

"These next words my brother told me change my life," he said. "(He said), 'Shut-up! I am going to talk to you as veteran

not as a brother. The worst thing you have been through is the worst thing you've been through. You do not have to sit here and compare with other people about your experiences.'

"That moment changed my life, because someone wearing that uniform gave me permission to have feelings about what I went through," he said. "He told me it was OK to feel the way I felt about the situation and to not just suck it up."

O'Brien said he took his brother's advice and was able to turn his life around.

"I am now 26 years old, and I have just bought my first house on five acres of land. I have a beautiful fiancé, a 6-year-old daughter and a 5-month-old baby boy whom I love," he said. "Look at me. I have a second chance at life now because I chose to put my past behind me. For those of you who are struggling, all I can is that either you can control the things in your life or you can allow them to control you."

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Photo by WALLACE McBRIDE

Command Sgt. Maj. Lamont Christian, right, commandant of the U.S. Army Drill Sergeant School, and Sgt. 1st Class Ruben Gonzalez, the school's operations non-commissioned officer, prepare to place a banner signed by current and former drill sergeants in the time capsule that was sealed Tuesday at the school. The capsule holds items donated by various drill sergeants and is scheduled to be opened 25 years from now.

Drill sergeant time capsule sealed

By WALLACE McBRIDE
Fort Jackson Leader

A time capsule was sealed Tuesday inside the command entrance of the U.S. Army Drill Sergeant School. Loaded with documents and other memorabilia related to the drill sergeant program, the event was part of an ongoing celebration of the school's 50th anniversary.

The plan is to open the time capsule in 25 years, said Command Sgt. Maj. Lamont Christian, commandant of the U.S. Army Drill Sergeant School. Former drill sergeants were invited to donate items for inclusion in the time capsule as a means of preserving the history and heritage of the school.

"The majority of the items are personal," Christian said.

Former drill sergeants were asked to provide a biography, a photo and other pieces of memorabilia from their days on active duty. Any former drill sergeant was eligible to donate items for the time capsule.

"Initially, we were going to consider including items from combat trainers who were instructors prior to the initiation of the drill sergeant program," he said.

Because the time capsule is designed to commemorate the 50th anniversary of the U.S. Army Drill Sergeant School, it was decided to restrict contributions primarily to Soldiers who took part in the program.

"This includes Advanced Individual Training platoon

sergeants who were on special duty, who were fulfilling the roles of drill sergeants," Christian said.

Former drill sergeants have contributed about two dozen items to the time capsule, which includes items ranging from written biographies to an ashtray bearing the drill sergeant emblem.

Because of the limited space in the time capsule, there was only room for so many items.

"We actually haven't had many hats," Christian said. "I'm thinking it's because people wanted to hold on to the most iconic part of their uniform."

The ashtray came from an anonymous donor, he said. In addition to the drill sergeant emblem, it also bears the words "Fort Jackson, S.C." Because of the change in attitudes about smoking in recent years, Christian guesses the ashtray dates back to the 1960s or 1970s.

Leadership decided to open the time capsule in 2039, Christian said, in hopes that some of the people participating in the event can see it opened.

"The idea is to give some individuals a chance in their lifetime to see it opened," he said. "They can be part of the past and part of the future. We went with 25 years to provide that 'reunion' element."

Last week, a time capsule was found buried in the head of a statue located outside the Old State House in Boston, Massachusetts. The existence of time capsule had been eventually forgotten since it was sealed in 1901. Christian said steps had been taken to not only protect the items

inside the school's time capsule, but also to place it in a prominent location at the facility as a constant reminder of its presence.

"We wanted to be able to provide a location for the time capsule where it would be readily visible," Christian said. "We initially thought about burying the time capsule, but were worried about the loss of property with the chemical breakdown of documents and photographs. We decided to keep it above ground."

The location also provides a constant reminder of the time capsule's presence, and perhaps adds an element of mystery, he said.

"We moved the location out of the Bowen Room, which currently houses the Drill Sergeant Hall of Fame," he said. "We wanted to give (it) its own place of importance. So we decided to place it in the immediate entrance of what is right now Commandant's Hall."

The area of the building is slated for a name change in the near future. Although a date has not been established, Christian said the time capsule will soon greet visitors at Hyman Hall, named for Command Sgt. Major William R. Hyman, the first commandant of the U.S. Army Drill Sergeant School.

Christian said he hopes to attend the time capsule opening in 2039.

"My health withstanding, and my proximity to South Carolina in that time period, I hope to attend," he said.

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Fire Prevention Week carnival set

By **ANDREW McINTYRE**
Fort Jackson Leader

The Fort Jackson Fire Prevention Week carnival is scheduled from 10 a.m. to 2 p.m., Saturday at the Fort Jackson Fire Department. This year's theme for the week is, "Working Smoke Alarms Save Lives: Test Yours Every Month."

Matthew Cagle, a fire inspector with the Fort Jackson Fire Department, said he is excited about the carnival because it gives the Fort Jackson community an opportunity to learn more about fire safety and provides fun activities for children.

"We are going to have a rock wall, the 282nd Army Band, a fire safety house and Child, Youth and School Services is going to do arts and crafts with the kids," Cagle said. "The schools are also involved in Fire Prevention Week. We have about 500 submissions for this year's essay and poster competition for the Fire Prevention Week theme."

Cagle said that fire inspectors will sort through the submissions to decide the winners of the essay and poster competition. Col. Michael Graese, Fort Jackson's garrison commander, will present the awards to the winners of the competition, Saturday at 10 a.m.

"Fort Jackson students were also asked to complete a homework assignment, and they know that the first 200 kids to bring their assignment will receive a free T-shirt," Cagle said.

Fire Prevention Week is scheduled from Oct. 5-11 and was established to remember the Great Chicago Fire, which killed more than 200 people in 1871 and left many homeless.

"This year our theme is all about the smoke detector because we want to place an emphasis on reminding everyone to check their smoke detector once a month. If the smoke detector is bad, make sure you change the batteries," Cagle said.

Cagle said home evacuation plans are also important for families.

"It is important to practice home evacuation plans regularly," he said. "Knowing what to do if you have a fire is important and also making sure you have a fire extinguisher in the home. The fire extinguisher needs to be readily accessible."

"Monday, we will have a truck in the Columbia fire prevention parade. Tuesday through Friday we will conduct fire drills throughout the installation," Cagle said.

Eric Harper, Fort Jackson's fire chief, said Saturday's event also sets aside time to partner in the national Fire Prevention Week safety campaign, but requires more than one week.

"Your firefighters remain focused on community fire safety each and every day," Harper said. "In the coming week, we'll use this time as an opportunity to educate the community on the importance of fire safety, and at Saturday's carnival, we'll place a special emphasis on kids because they can help their parents remember those minor details necessary for fire safety."

He emphasized that fire safety is a community effort.

"Each year, our carnival is a huge success and we greatly appreciate the efforts of the many different organizations and people who volunteer their time to help pour into this wonderful community and help spread this important safety message," Harper said.

Harper said if you remember anything, it should be our theme for this year's fire prevention week, "Working Smoke Alarms Save Lives: Test Yours Every Month." and that people who don't know how to test their alarms may ask the Fort Jackson Fire Department for help.

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Leader file photo

This year's Fire Prevention Week carnival is scheduled from 10 a.m. to 2 p.m., Saturday at the Fire Department. Activities will include fire station tours; a smoke house safety trailer; an visit by Sparky, the Fire Dog; music by the 282nd Army Rock Band; a rock wall; a bounce house; tug of war; and games.

Patterns key to success in resilience

By **DAVUD VERGUN**
Army News Service

WASHINGTON — Heat-of-the-moment thoughts and emotions to a stressful event can be “productive or counterproductive,” depending on the course of action one chooses to take, said Master Sgt. Jennifer Loredo.

That might seem like a no-brainer, but people are not always self-aware of their own pattern of thoughts and emotions and ensuing actions when confronting stressful situations, said Loredo, who is a master resilience trainer and senior enlisted adviser for the Army’s Comprehensive Soldier and Family Fitness Program.

She spoke at an Executive Resilience and Performance Training course for Department of the Army staff, Sept. 24.

Attendees in the Pentagon Auditorium, where the course took place, suggested that people might want to count to 10 or take a walk when the adrenaline rush hits before saying or doing something.

But Loredo said there’s much more to it than that.

People need to train themselves to prepare for stressful events ahead of time, not wait for the stressful event to occur, she said.

“Patterns are key,” she said, explaining how to look for them in one’s own life. First, create a mental or physical list of stressful events: a boss yelling, a spouse doing something annoying, a child misbehaving, the dog bark-

ing, whatever.

Then, think about the feelings and emotions experienced immediately after the stressful event and what actions followed. Did the spouse do certain things that made you explode? Do you frequently scream at your child? Does the dog get kicked a lot? Are those feelings and emotions amplified when you’re tired or you’ve had a few drinks?

Then, look at the pattern of your actions and the consequences. Do you yell at a co-worker a lot, and does that help the co-worker improve his or her performance as a result? Did those thoughts, feelings and actions make the situation more productive or less? Is there a pattern here or was the yelling an isolated incident?

People occasionally explode or do things they later realize they shouldn’t have done, she said, so that would not qualify as a pattern.

People in the audience didn’t have a shortage of stressful situations and patterns to share — some positive and some negative.

One female Soldier said she has an 8-year-old who is easily distracted and forgetful. She reminds her daughter all the time to remember to take her lunch to school, and the little girl sometimes remembers and sometimes forgets. In other words, there’s a pattern of the child making her annoyed. But yelling at her might not be the best solution, she admitted.

Understanding your patterns is the first and most important step in self-awareness and control, Laredo said.

It’s not something they teach in school, but it is based on science.

Albert Ellis, a noted psychologist who is considered the founder of cognitive-behavioral therapies, first looked at the role of patterns in productive or non-productive outcomes.

He formulated the ATC Model, Laredo said, where “A” is the activating event, which could be positive or a negative. “A” is the part you can’t control.

“T” is the heat-of-the-moment thought or thoughts. “It’s how you interpret the activating event,” she explained.

“C” is the consequence, the “emotions and reactions” that follow the thoughts. Like “T,” these can be controlled to a certain extent and can result in productive or non-productive outcomes.

The order in which they occur is “A,” followed by “T,” followed by “C.”

Understanding how the ATC Model works and how patterns affect your own life will contribute to more productive behavioral outcomes and will help better connect you and your friends and family and will also make a more ready and resilient Army team, she said.

Col. Kenneth Riddle, director of CSF2, who attended the program, agreed with the effectiveness of the ATC Model, adding that the scientific literature indicates that the model is especially helpful to young people in the between 18 and 23, the precise age group of many Soldiers and family members. It’s an age bracket where people are still in the process of maturing.

News and Notes

EID-AL-ADHA CELEBRATION

An Eid-Al-Adha service is scheduled from 9 a.m. to noon, Saturday at the Main Post Chapel. For more information, call 751-3979.

YOM KIPPUR CELEBRATION

A Yom Kippur service is scheduled from 6 to 8 p.m., Saturday at Memorial Chapel. For more information, call 751-3979.

SESAME STREET PERFORMANCE

The Sesame Street/USO Experience for Military Kids will be on Fort Jackson for four shows. Performances are scheduled at 2 and 5 p.m., Sunday; and at 4:30 and 7 p.m., Monday at the Solomon Center. For more information, visit www.uso.org/sesame.

HAGEN DENTAL CLINIC MOVE

Hagen Dental Clinic will move to a transitional facility at 4556 Scales Ave. Oct. 15 to allow for the renovation of the current building. Hagen Dental Clinic will operate throughout October with reduced appointment availability. Patients who cannot be treated will be offered the opportunity to be seen by a civilian network provider. Hagen Dental Clinic will be closed Oct. 14 for the move. Oliver Dental Clinic will assume the sick call mission that day.

For more information, call 751-3255.

BREAST CANCER AWARENESS

Moncrief Army Community Hospital will host two events in observance of Breast Cancer Awareness Month. A 5K run/walk is scheduled for 8 a.m., Saturday at Hilton Field Softball Complex. To pre-register, call 751-5251. Race-day registration will be from 7 to 7:45 a.m. A breast cancer awareness banquet is scheduled from 6 to 9 p.m., Oct. 17 at the NCO Club. Tickets cost \$16. For more information and to register, call 751-5251.

FAMILY FIELD DAY

Fort Jackson’s 2014 Archaeology Month celebration is scheduled from 10 a.m. to 2 p.m., Oct. 18 at Twin Lakes. The event will include artifacts, displays, posters and activities. For more information, call 751-7153.

HEALTHY RELATIONSHIP BINGO

Army Community Service is hosting a healthy relationship bingo event from 6 to 7:30 p.m., Oct. 21 at the Joe E. Mann Center. Registration is required by Oct. 17. Limited child care is available. For more information and to register, call 751-6316.

To submit an announcement, email fjleader@gmail.com.

Information subject to change.

Reel Time Theaters

We're saving a seat for you.

Ft. Jackson Movie Schedule

PH (803)751-7488
Adult \$5.50/Child (6-11): \$3.00
3D: Adult \$7.50/Child (6-11): \$5.00
3319 Jackson BLVD
Ticket sales open 30 minutes prior to each movie
Movie times and schedule are subject to change without notice

<p>Friday October 3 The November Man (R) 7 p.m. 2h 18m</p> <p>Saturday October 4 Free Studio Appreciation Showing 4 p.m.</p> <p>Sunday October 5 The November Man (R) 1 p.m. 2h 18m As Above So Below (R) 4 p.m. 1h 40m</p> <p>Wednesday October 8 The November Man (R) 1 p.m. 2h 18m As Above So Below (R) 4 p.m. 1h 40m</p> <p>Friday October 10 When the Game Stands Tall (PG) 7 p.m. 1h 55m</p>	<p>Saturday October 11 As Above So Below (R) 2 p.m. 1h 40m The November Man (R) 4:30 p.m. 2h 18m</p> <p>Sunday October 12 The Identical (PG) 2 p.m. 1h 47m Dolphin Tale 2 (PG) 4:30 p.m. 1h 47m</p> <p>Wednesday October 15 The November Man (R) 2 p.m. 2h 18m As Above So Below (R) 5 p.m. 1h 40m</p> <p>Friday October 17 Dolphin Tale 2 (PG) 7 p.m. 1h 47m</p> <p>Saturday October 18 No Good Deed (PG-13) 2 p.m. 1h 14m A Walk Among The Tombstones (R) 4:30 p.m. 1h 54m</p> <p>Sunday October 19 No Good Deed (PG-13) 2 p.m. 1h 14m This is Where I Leave You (R) 4 p.m. 1h 43m</p> <p>Wednesday October 22 No Good Deed (PG-13) 2 p.m. 1h 14m A Walk Among The Tombstones (R) 4:30 p.m. 1h 54m</p> <p>Friday October 24 No Good Deed (PG-13) 7 p.m. 1h 14m</p>
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Photo by WALLACE McBRIDE

Sgt. 1st Class Robert Isom narrates Basic Combat Training graduation Sept. 25 at Hilton Field. Isom is Fort Jackson's Voice of Victory.

NCO gives voice to post ceremonies

By WALLACE McBRIDE
Fort Jackson Leader

Sgt. 1st Class Robert Isom's voice booms across Hilton Field on a Thursday morning. A script is open before him as he sits in a closed studio over the attending audience, as he guides them through Fort Jackson's weekly Basic Combat Training graduation experience. And it's not a job he takes lightly. Near the script sits a tin of cough drops. And lip balm. And a bottle of throat spray.

As he gets ready to announce the start of the ceremony, Isom leaps to his feet, turns the chair around and hovers over the microphone. He likes to keep his body moving throughout the narration as a way to maintain his cadence as he announces the band, the guests and, finally, the graduating Soldiers.

"I'm honored to do this," said Isom, the new Voice of Victory for Fort Jackson. "It's something I really have a love for. I'm just glad to be a part of the team."

Isom is following in the footsteps of Paula Darrow, who had served as the Voice of Victory for several years and retired recently. In March, he shadowed Darrow to get a feel for the job and was one of several people asked to "audition" for the part several months later.

The audition was a live demonstration that included

a public address system, a podium and a reading of a standard graduation script that is used regularly. Darrow was among the panel of judges that helped select her successor.

Isom said Darrow left some big shoes to fill. However, he fully assumed the role about two months ago, making his debut in August during the graduation ceremony for the 1st Battalion, 13th Infantry Regiment.

"I have (the script) in my office, hanging on my wall," said Isom, who is assigned to the Army Training Center's operations office.

Although one-time events are more challenging to narrate than regular activities like graduation, he said the post's routine ceremonies are never something that can be taken for granted.

"Even though the verbiage is the same at graduation, the names of the drill sergeants are always different," he said. "You want to make sure you do that justice, as well."

As the Voice of Victory, you'll hear Isom's voice at most of the post's major events, narrating everything from the annual 9/11 wreath laying ceremony to Veterans Day events, as well as weekly graduation ceremonies.

Isom said he and his collaborators usually sequester themselves to prepare new scripts for events. Despite

his lone presence at the microphone, he said the final product is a team effort.

"I have my own system set up at home where I practice, practice, practice," he said. "The proper way to say the names, my enunciation and pronunciation, lots of tea, lots of honey, lemon and rest."

Isom previously served as non-commissioned officer in charge of the Army Soldier Show in San Antonio, Texas. He said he became interested in performing while serving as a drill sergeant at Fort Jackson between 2004 and 2006.

"One of my fellow drill sergeants told me (the Army was) looking for talent at the Soldier Show in Washington, D.C.," he said. "I put a tape together and sent it to (the officials) in 2005, and they selected me to travel around the world doing performances. The Army had a show called Bravo Theater, and we performed for Soldiers coming back from deployment."

He said his experience as a drill sergeant was great preparation for the role of Fort Jackson's chief master of ceremonies.

"It's almost the same," he said. "That inflection in the voice, knowing how to utilize the voice for 11 weeks and not wear it out, when to turn in up and turn it down ... all of that plays a part."

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Photo by DAVID SHANES, command photographer

Retiring from service

Fourteen Soldiers and one civilian employee are honored during Retirement Review Tuesday at the Post Theater. The retirees are Lucinda Flowers; Col. Lori Fritz; Staff Sgt. Georgia Fleming; Sgt. 1st Class Syreeta Wood; Lt. Col. Michael Turner; Lt. Col. Bryan Franklin; Sgt. 1st Class Matthew Love; Sgt. 1st Class Andrew Brenner; Command Sgt. Maj. Tyronne Smoot; 1st Sgt. Jeffery Kane; Sgt. 1st Class John McHaney Sr.; Sgt. 1st Class Erik Jorgensen; 1st Sgt. Denise Grant-Bradley; Sgt. 1st Class Victor Morales; and Sgt. 1st Class Andrew Edwards.



Courtesy photo

VFW president visits

Ann Panteleakos, center, the national president of Ladies Auxiliary to the Veterans of Foreign Wars, visits Soldiers of the 369th Adjutant General Battalion. As part of her visit, Panteleakos dined with Soldiers and talked with them about their experiences in Advanced Individual Training.



Courtesy photo

Back to school

Soldiers with the Carolina Chapter of the Adjutant General's Corps Regimental Association conduct a back-to-school drive at Arden Elementary School. The Soldiers provided 110 backpacks with supplies for students in kindergarten through fifth grade and answered questions about life in the Army.

Movie night

Soldiers with Headquarters and Headquarters Company, 187th Ordnance Battalion and their family members enjoy a night out at the Fort Jackson Post Theater Sept. 23. The Soldiers and family members were treated to pizza, popcorn and drinks and watched the movie, 'How to Train Your Dragon 2.'

Courtesy photo



All Army personnel critical to cyber defense

By MARGARET McBRIDE
Army Chief Information Office/G-6

WASHINGTON — During cybersecurity awareness month in October, the Army will be focusing on cybersecurity policies, practices and training to improve overall readiness. As part of this effort, commanders at all levels will lead cybersecurity awareness activities.

“Lethal Keystrokes,” the Army’s theme this year, highlights how simple mistakes made by a few can jeopardize military operations and business processes, compromise personal information and incur significant costs in time and resources.

“The Defense Department gets hit with approximately 10 million cyber attacks each and every day, and a very large number of them are aimed directly at the Army,” said Essye Miller, cybersecurity director, Chief Information Office/G-6. “The potential for compromise of the network and the information it carries, and thereby harm to the Soldiers and leaders who rely on them, is simply enormous.”

“Lethal Keystrokes” emphasizes individual responsibility for protecting the network and the Army, Miller said. Numerous incidents over the past several years have compromised sensitive information at the highest level of the Army. In addition to external threats, malicious insiders and lax cybersecurity practices pose significant risks.

Ongoing awareness training helps improve daily practices that safeguard information and communications technologies, as well as warfighting and business capabilities.

“Protecting our information and IT systems is a team effort. All Army personnel, whether Soldier, civilian or contractor, are responsible for safeguarding the network and our data,” Miller said.

“Leaders must continue to enforce good cybersecurity practices and emphasize the impact of failures on unit readiness and mission capability. But, it’s also incumbent upon every individual, regardless of rank or position, to get educated. That is, to stay abreast of threats and the best ways to avoid them, and to be vigilant,” she added. “All users should think of themselves as part of the Army’s cyber defense force.”

Cybersecurity doesn’t stop at the office door. Army personnel must protect their home computing environments, as well. Security experts recommend everyone follow the tips below.



U.S. Army graphic

The Defense Department gets hit with approximately 10 million cyber attacks each day, and a very large number of them are aimed directly at the Army. The annual National Cyber Security Awareness Month in October is sponsored by the Department of Homeland Security in cooperation with the National Cyber Security Alliance and the Multi-State Information Sharing and Analysis Center.

Protect your system:

- Use anti-virus software.
- Protect computers with firewalls.
- Password-protect your wireless router and network.
- Encrypt your wireless signal.
- Regularly download security updates and patches.
- Disconnect from the Internet when not in use.

Protect yourself:

- Back up your computer regularly.
- Restrict access to your computer and accounts; sharing has risks.
- Delete email from unknown sources, then empty the “trash” folder to make sure it’s off your system.

- Use hard-to-guess passwords and keep them private.

Protect your family:

- Help your family check computer security on a regular basis.
- Take advantage of Army cybersecurity resources if you have a Common Access Card. Access information on protecting yourself online, get free security software for Soldiers and Army civilians, and find cybersecurity training.

The annual National Cyber Security Awareness Month each October is sponsored by the Department of Homeland Security in cooperation with the National Cyber Security Alliance and the Multi-State Information Sharing and Analysis Center.



Free influenza vaccine clinics

Moncrief Army Community Hospital will offer free walk-in influenza vaccine clinics for beneficiaries ages 4 and older.

- Solomon Center: Oct. 6 and 27, 8 a.m. to 2 p.m.
- Commissary: Oct. 15 and 16, 9 a.m. to 2 p.m.
- Main Exchange: Oct. 3 and 18, 10 a.m. to 2 p.m.

In addition, TRICARE retail network pharmacies will administer free seasonal influenza vaccines during the 2014/2015 flu season. Beneficiaries who receive the influenza vaccination from non-military facilities are asked to provide immunization data to the MACH shot immunization team on the sixth floor of the hospital.

Retired CSM saves suicidal Soldier

By MARIA BERBEREA
TRADOC

FORT SILL, Okla. — A Facebook post. Two cut wrists. Time is the enemy.

Retired Command Sgt. Maj. Jeffery Powell saw one Facebook post Aug. 31, which sent him frantically searching for a former Soldier.

“He had cut his wrists, I mean about that far on each wrist,” said Powell, gesturing slashing his forearm. “It wasn’t horizontal it was a vertical cut, so I knew it was pretty serious. He posted one word ... ‘Goodbye.’”

Powell said he was checking his Facebook that day like he typically does to stay in touch with friends and family.

He expected the normal string of photos and status updates, but when his former Soldier shared his last call for help he took action.

“I saw that some people had already commented on it, so I hit the comments and some were like, ‘Thinking about you man,’ but nobody was saying, ‘Where are you?’ Nobody. Seven or eight people had already responded, and it’s great to say how are you, but now it’s time to dial 911.”

Powell deployed with the Soldier several years ago as the former 2nd Battalion, 5th Field Artillery sergeant major.

They were friends on the social networking site, but Powell didn’t know where the Soldier was currently stationed.

“Here I am, I’m trying to figure where in the world this guy is at. I was like, ‘What do I do? We need to do something now, right now.’”

After asking around, Powell determined the Soldier was overseas.

He called an Army division hotline and got the number to the area coordinator.

As he was calling, he posted his own Facebook status asking for help.

“I need my Army family to reach out and find where (he) is at and get his unit to put their arms around him soon! I’m talking right now, too! He may be in serious danger and I’m worried about his emotional state right now. He may have tried committing suicide. He needs to know we care. Find him now!”

Powell said while he was doing all he could to reach the Soldier, another battle buddy was doing the same thing.

Fewer than five minutes after Powell’s post, a reply said, “We got him sergeant major. I called the hotline and got (emergency medical service) enroute to him ... He’s en



Jeffery Powell

August 31 at 4:53pm · 🌐

I need my Army family to reach out and find where [REDACTED] is at and get his unit to put their arms around him soon! I'm talking right now, too! He may be in serious danger and I'm worried about his emotional state right now. He may have tried committing suicide. He needs to know we care. Find him. NOW!

Share



[REDACTED] and 62 others like this.



2 shares



We got him SGM.

I called the hotline and got EMS en route to him. [REDACTED] got a hold of him and his unit and made sure they found him. He's en route to the hospital [REDACTED] and is stable and should be fine. They say they got to him in time

August 31 at 4:57pm · 👍 29

Courtesy image

Shown above is Retired Command Sgt. Maj. Jeffery Powell’s plea for help on Facebook after his former Soldier posted pictures of a suicide attempt. Another Soldier responded shortly after on Powell’s message that first responders were able to get to the Soldier in time and save him.

route to the hospital and is stable and should be fine. They say they got to him in time.”

Powell said the suicide attempt came after a failed relationship, and the Soldier was wanting someone to take notice of him.

“We did. I just wish he wouldn’t have done it,” he said.

He said all the Soldiers who deployed with him were the first to respond, and it even caught the Soldier’s brother off guard.

“It’s that Army thing. It’s that deployment thing,” Powell said, “That was a serious suicide attempt. He took the pictures right after he cut himself. They were pretty deep cuts.

“If he wouldn’t have posted those pictures nobody

would’ve known,” said Powell.

He said the non-commissioned officer in the Soldier’s unit told Powell he was the second person to call about the suicide attempt and check on the well-being of the Soldier.

Powell said that’s what he would hope for.

“Do something,” he appealed. “Don’t assume someone else is going to take action. You take action.”

Information for help

The Red Cross has a locator service and can assist if someone finds himself or herself in a similar situation.

Call the Red Cross at 877-272-7337.

If you are having thoughts about suicide, call 911 and get immediate help.



Photos by SUSANNE KAPPLER

Beth Warren, right, Survivor Outreach Support Coordinator with the South Carolina National Guard, presents a corsage to Sara Brunson, one of 17 Gold Star mothers who attended the Gold Star Mothers and Families Day ceremony Saturday at the Lace House in Columbia. Each mother received a corsage and other family members received a yellow carnation in memory of their loved ones. Brunson's son, Staff Sgt. David Harmon, died in 2002.



Left, Deborah Whitsitt explains the meaning of the Gold Star/Blue Star banner she displays in a window of her home in honor of her two sons serving in the military, one of whom was killed in Afghanistan. Above, Desiree Brown prepares to release balloons in honor of her son, Pfc. Darius Brown, who died last year in a vehicle accident just after enlisting in the South Carolina National Guard. Below, Brig. Gen. Van McCarty, deputy adjutant general of the South Carolina National Guard addresses the Gold Star families in attendance.

Keeping the memory alive

Gold Star families remember their loved ones

By SUSANNE KAPPLER
Fort Jackson Leader

South Carolina Gold Star mothers and families gathered Saturday at the Lace House in Columbia in observance of Gold Star Mothers and Families Day, which was celebrated Sunday.

The event was hosted by Survivor Outreach Services and included guest speakers, music from the 282nd Army Band's jazz combo, free food, a raffle and a balloon release to conclude the day. The surviving family members of service members who have died since Sept. 11, 2001, released 50 balloons with golden stars attached to them. The families were given the opportunity to write a personal message to their fallen loved ones on the stars.

"We, as Americans, as a whole, should honor each and every day the service and sacrifice of those who wear the uniform," said Brig. Gen. Van McCarty, deputy adjutant general of the South Carolina National Guard, who was one of the guest speakers. "(Gold Star Mothers and Families Day) is a day that each of you honor and recognize every day. ... (Your service members) live in your hearts. They live in your minds. They live on through

your other possible children, through you, through other relatives, through other friends."

McCarty said that one theme comes up frequently during his interactions with Gold Star families.

"The common thing I've heard is that we need to tell the story," he said. "Because it is an important story for the generation that's here today, for the generation that will be here tomorrow. They need to know and to understand the sacrifice that has been made by not only this generation of today, but the (by the) generations before."

He thanked the families for their sacrifices and reminded them that their sons and daughters did not die in vain.

"Yes, you had the dreams and aspirations for your children, and it probably was for a long life full of happiness doing great things," McCarty said. "But they did great things. They did what they loved doing - that was serving this nation, serving with their fellow Soldiers, Sailors, Airmen, Marines. They wouldn't have been anywhere else if it was their choice. They were doing their callings. And if the rest of us can go in our lives and say in the end, 'I did my calling,' then we've done all that we can do."

One of the Gold Star mothers in attendance was Deborah Whitsitt, whose son Geoffrey died in 2010 at the age of 21 in Afghanistan after his vehicle was attacked with an IED.

Whitsitt, who serves as president of the South Carolina Gold Star Mothers organization, told other attendees about her struggles.

"Like the rest of you, I've never dreamed that I would be involved in anything like this," she said.

Whitsitt recalled that when the Army casualty notification officers arrived at her house she felt "like a chicken whose head had been cut off."

During her son's funeral, which happened to fall on her birthday, a Blue Star mother presented Whitsitt with a Gold Star flag.

"I remember saying, 'I don't want that flag. I'm not ready for that flag.' But this is the flag the Blue Star mothers gave me," she said.

Nowadays, Whitsitt hangs a banner in her window that includes the Gold Star and a Blue Star for Geoffrey's brother, who serves in the Navy.

She told the other mothers in attendance that losing a child will always hurt.

"You will always have a lump in your throat. There will always be triggers that set tears off," she said. "But you know what? I am a survivor. And every person who is sitting here is a survivor."

Susanne.Kappler1.ctr@mail.mil



CMYK

CMYK

27" WEB-100

Calendar

Saturday

Fire Prevention Week carnival
10 a.m., Fire Station

Sunday

Victory Spouses' Club welcome event
2 to 4 p.m., 107 Pershing Road
Welcome event for Lee Anna Suggs, spouse of the Soldier Support Institute's incoming command sergeant major. Light appetizers and drinks will be served. To RSVP, email vsreservations@gmail.com.

Thursday, Oct. 16

Lightning Battalion (provisional) activation ceremony
1 p.m., Victory Field
RSVP is required by Oct. 13. For more information, call 751-8128 or email ruta.r.hurt.mil@mail.mil.

Tuesday, Oct. 21

Victory Spouses' Club luncheon
11 a.m. to 1 p.m., NCO Club
Special guests will be Linda Schaertl of Moncrief Women's Clinic and Lisa Hartzog of the American Cancer Society. To RSVP, email vsreservations@gmail.com. Reservations are required by noon, Oct. 16.

Announcements

DHR CLOSURE

The Directorate of Human Resources, including all ID card offices and the Official Mail and Distribution Center, will close at 11:30 a.m., Oct. 10 for its organizational day. In case of an ID card emergency, call 895-1596 or visit the ID card location at Shaw Air Force Base.

MARRIAGE RESILIENCY CLASSES

ScreamFree marriage classes will be offered Thursdays through Nov. 6, from 6 to 8 p.m. at the Chaplain Family Life Center. Meals will be provide. For more information, call 751-4966.

IMMIGRATION EXAMS

The Department of Preventive Medicine provides a physical exam, tuberculosis screening, laboratory tests and required immunizations for TRICARE beneficiaries who need to complete an immigration exam for U.S. Citizenship and Immigration Services. For more information or to schedule an appointment, call 751-5251.

HEARTS APART STATE FAIR TRIP

Hearts Apart families and foreign-born spouses of active-duty Soldiers are invited to a free outing to the South Carolina State Fair Oct. 10. RSVP is required by Oct. 9. For more information and to register, call 751-9770/1124 or email patricia.a.guillory@us.army.mil or miranda.broadus@us.army.mil.

SPORTS SHORTS

■ Sand volleyball games take place at 6

p.m., Mondays and Tuesdays at the sand volleyball court behind Palmetto Falls Water Park. The championship game is scheduled for Oct. 15.

For more information, call the Sports Office at 751-3096.

BREAST CANCER AWARENESS RUN

Moncrief Army Community Hospital will host a breast cancer awareness 5K run/walk at 8 a.m., Saturday at the Hilton Field Softball Complex. To preregister, call 751-5251. Race-day registration is available from 7 to 7:45 a.m.

TSC MOVE

The Training Support Center will move to 1565 Washington St., Wednesday. Limited staffing and services will be available Oct. 9-17. Local device fabrication stopped Sept. 8 and will reopen Oct. 17. DA photos will continue to be taken in Building 12-650 until Oct. 9 and will be taken at the new location beginning Oct. 14. For more information, call 751-4619.

PWOC MEETINGS

The Protestant Women of the Chapel meet Tuesdays from 9 to 11:30 a.m. and Mondays at 7 p.m. at the Main Post Chapel. Free child care is available. The group offers outreach and ministry to women associated with the military. For more information, email jacksonpwoc@gmail.com.

AAFES NEWS

AAFES has started its free layaway program for holiday shoppers.

COMMISSARY NEWS

The Commissary rewards card allows shoppers to use digital coupons at any commissary. For more information, visit www.commissaries.com/rwards_subscribe.cfn.

SAT TESTING

The Education Center will administer SAT testing Oct. 30. Testing is available

to eligible service members only. For more information and to register, call 751-5341.

THRIFT SHOP NEWS

- Consignors are eligible for the Thrift Shop's new layaway and credit program.
- Halloween items will be accepted through Oct. 16. They will expire Oct. 23.
- Thanksgiving items will be accepted Oct. 14 through Nov. 13. They will expire Nov. 20.
- Christmas items will be accepted Nov. 18 through Dec. 11. They will expire Dec. 18.
- September through November are college months at the Thrift Shop. Customers wearing a college shirt or hat will receive a discount.
- The Golden Carriage Program provides free ball gowns for spouses of active-duty service members E5 and below.

SOLSE LOOKING FOR SOLDIERS

The Special Operations Logistical Support Element is looking for active-duty Soldiers (with the MOS 88M, 88N, 92A, 92F, 92Y or 92W) who are airborne qualified or willing to go to airborne training. Eligible Soldiers must qualify for a Permanent Change of Station move; be in the rank of E5 through E7; have no physical limitations; have a General Technical score of at least 100; and possess a secret clearance with the ability to get a top secret clearance. If interested, submit your Enlisted Record Brief to SOLSERrecruiting@jdi.socom.mil.

Information is subject to change.

Visit the community calendar at <http://jackson.armylive.dodlive.mil/> for a full listing of calendar events.

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

For more information, call 751-7045.

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

Housing happenings

RENT CONCESSIONS

Junior non-commissioned officers will save \$150 off the rent for four months in new construction three- and four-bedroom homes if they move in this month. Pro-rated rent for homes in PT 5 and PT 7 is offered during October. This offer applies to all active duty service members, retirees and DoD civilians who schedule an October move-in. For more information, call 738-8275.

REFER A FRIEND

Current residents who invite a friend to live on post will receive \$600 off their next month's rent if the friend moves in. Some restrictions apply.

RESIDENT SATISFACTION SURVEY

Residents who complete the annual resident satisfaction survey before Oct. 15 are entered into a prize drawing.

LIFEWORKS EVENTS

■ Saturday, Oct. 11, 1 to 3 p.m.; Balfour Beatty Communities and the Directorate of Emergency Services will host their annual bike rodeo. The event will include speed checks, an obstacle course, a tune-up station, bicycle safety training, a decorating contest and a parade. For more information, call 738-8275 or email emcdaniel@bbcgrp.com. This event is for on-post residents only.

All events take place at the Community Center unless otherwise noted. For more information and to register, email emcdaniel@bbcgrp.com or call 738-8275.

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

Weekly honors



Sgt. 1st Class Jacob Holmes
Drill sergeant of the cycle Company A
Task Force Marshall



Lester Williams
Civilian of the cycle Company A
Task Force Marshall



Staff Sgt. Shaunda Zachery
Drill sergeant of the cycle Company B
Task Force Marshall



Lenworth McPherson
Civilian of the cycle Company B
Task Force Marshall

Like us on Facebook.
www.facebook.com/FortJacksonLeader

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE

Photos by OITHIP PICKERT, Public Affairs Office



**Staff Sgt.
Christopher Demria**
Company B
3rd Battalion,
60th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pfc. Bertha Aguinaga

SOLDIER OF THE CYCLE
Pvt. David Benfer



**Staff Sgt.
Michael Spencer**
Company C
3rd Battalion,
60th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pfc. Amanda Grogg

SOLDIER OF THE CYCLE
Pvt. Valeria Damasín



**Staff Sgt.
Ernesto Valenzuela**
Company D
3rd Battalion,
60th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pvt. Michael Molina

SOLDIER OF THE CYCLE
Pvt. Michael Moriarty

October Promotions

Name	Rank
SEABORN, Javon A.	MAJ
BARROZO, Glenn T.	CPT
CARTER, Jessie J.	CPT
MITCHELL, Ronald A.	CPT
TAYLOR, John L.	CPT
PRUITT, Christopher O.	MSG
REEVES, Michael E.	MSG
AHERN, John A.	SFC
SALAVEA, James S.	SFC
DAVIS, Derrick C.	SSG
DUNBAR, Frank D.	SSG
LSEH, Michael S.	SSG
TORREMICHEL, Crystal	SSG
BEMISTERBUFFINGTON, Kevin M.	SGT
BLOUNT, Curtis K.	SGT
CROOK, Travis J.	SGT
DELORT, Jessica R.	SGT
GIBSON, Stephanie L.	SGT
GRAHAM, Vallin A.	SGT
SHANNON, Jesse J.	SGT
SMITH, Calea R.	SGT
STASIULAITIS, Darrell G.	SGT



www.fortjacksonleader.com

www.facebook.com/fortjacksonleader

www.twitter.com/fortjacksonpao

W O R S H I P SCHEDULE

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, Magruder Chapel
 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

7:30 a.m. Confessions, Solomon Center

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/EPISCOPAL

■ 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., 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