

THURSDAY, OCT. 17, 2013

THE FORT JACKSON LEADER

PUBLISHED FOR THE FORT JACKSON/COLUMBIA, S.C. GARRISON
WWW.JACKSON.ARMY.MIL

★ OFFICER RECEIVES
MEDAL OF HONOR

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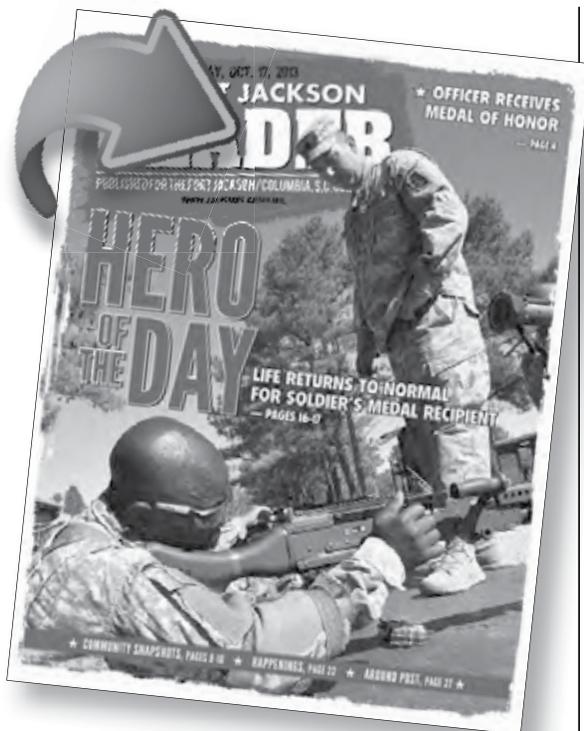
HERO OF THE DAY

LIFE RETURNS TO NORMAL
FOR SOLDIER'S MEDAL RECIPIENT

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ON THE COVER

Photo by WALLACE McBRIDE

Staff Sgt. Gary Moore, 4th Battalion, 10th Infantry Regiment, trains Soldiers at Bastogne Range last week, shortly after receiving the coveted Soldier's Medal. SEE PAGES 16-17.



Fort Jackson, South Carolina 29207

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For questions or concerns about subscriptions, call (803) 432-6157. To submit articles, story ideas or announcements, write the Fort Jackson Leader, Fort Jackson, S.C. 29207, call (803) 751-7045 or e-mail fjleader@gmail.com.

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NEWS

Post celebrates drug-free lifestyles during October

The annual celebration of National Red Ribbon Week takes place Oct. 23-31, with communities and students across America committing themselves to living drug-free lives.

It is very appropriate that the women and men of the Fort Jackson community join with other Americans to support the dreams and goals of our children, and to commemorate the ultimate sacrifice made by Enrique "Kiki" Camarena on our behalf.

Red Ribbon Week is an important tradition for the Army Substance Abuse Program (ASAP) and the drug prevention community. The event that has become a national symbol of drug prevention

COMMENTARY

By SANDRA BARNES

Prevention Coordinator for Army Substance Abuse Program

began as a grassroots tribute to a fallen DEA hero, Special Agent Enrique Camarena. The National Red Ribbon Campaign was sparked by the murder of DEA Special Agent Camarena

by drug traffickers. This tragic event produced an immediate outpouring of grief, but over time has generated a sense of hope across America.

Today, Red Ribbon Week is nationally recognized and celebrated, helping to preserve Special Agent Camarena's memory and further the cause for which he gave his life.

Red Ribbon Week is the most far-reaching and well-known drug prevention event in America. National Family Partnership, which coordinates Red Ribbon activities nationally, estimates that more than 80 million Americans participate in Red Ribbon events.

Please join the ASAP in wearing a red ribbon to affirm our commitment to drug prevention education, and to honor the memory of Kiki Camarena. By wearing a red ribbon during Red Ribbon Week, Americans demonstrate their opposition to drugs. They pay homage not only to Special Agent Camarena, but to all men and women who have made the ultimate sacrifice in supporting the nation's struggle against drug trafficking and abuse.

This is a great opportunity for all of us to send a clear and unequivocal message that drugs damage lives – whether it is through lost productivity, unfulfilled dreams, drugged driving incidents or addictions. Please take time to talk to your families, your neighbors and your community about living a drug-free lifestyle.

Show your support and commitment by wearing a red ribbon. If you have a question about the Red Ribbon Campaign, please contact the Army Substance Abuse Program office at 751-5007/4785.



Red Ribbon Week is an alcohol, tobacco and other drug and violence prevention awareness campaign observed annually in October in the United States.

LETTERS

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

David is TRADOC's LNCO of the Year

By WALLACE McBRIDE
Fort Jackson Leader

Fort Jackson Staff Sgt. Krista David has been named the Army National Guard's Liaison Noncommissioned Officer of the Year for TRADOC.

David competed among finalists from Fort Jackson; Fort Benning, Ga.; Fort Leonard Wood, Mo.; Fort Sill, Okla.; and Fort Gordon, Ga. Soldiers were asked to submit an informational packet about their careers, accompanied by an essay explaining what they learned during the 2013 fiscal year, and to provide examples of how to improve a program designed to ease training oversights for reserve components.

"It is priceless to see Soldiers showing improvement by the opportunities given to them to complete training," David explained in her essay. "The reward is even greater when Soldiers return to thank the LNCO's for taking the time to listen, provide sound advice, and acting as the conduit on their behalf. It is possible that these Soldiers could have otherwise been discharged due to lack of knowledge of regulation, or even lack of care for the Soldier."

She said the reserve-component liaison plays a major role in managing crises for National Guard and Army Reserve Soldiers throughout the world.

"It's rewarding to be able to see Soldiers thrive in training after getting help," she said last week. "That's pretty much the best thing about the job. My original Military Occupational Specialty was human resources, so I expected to just be sitting here doing paperwork. I never thought I'd be in this position."

David enlisted in the Army a few weeks after the terrorist attacks of Sept. 11, 2001. A native of Fitchburg, Mass., much of David's family has also served in the Army. Her father is retiring in December after 23 years of service, which includes time on active duty, in the Army Reserves and National Guard. Two brothers have also



Photo by WALLACE McBRIDE

Fort Jackson Staff Sgt. Krista David, the Army National Guard's Liaison Noncommissioned Officer of the Year for TRADOC, recently celebrated 12 years of military service.

served in the Army.

"They're spread out," she said. "My parents are in Virginia Beach, and I have brother is still in Fitchburg, Mass., and another in Pennsylvania. Growing up, as a military family, we experienced my dad going away to Korea, so we've gotten used to the separation and dis-

tance. We make it work."

David will be recognized at the Marketing Analysis Review Workshop in December at the Army National Guard Professional Education Center, Camp Robinson, Ark.

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Fort Jackson Gate Hours

Gate 1 through Friday	5 a.m. to 1 p.m.	inbound and outbound traffic, Monday
	3:30 to 6 p.m.	outbound traffic, Monday through Friday
	Closed	weekends
Gate 2	Around the clock, seven days a week Commercial traffic on weekends only.	
Gate 4	5 a.m. to 8 p.m.	Monday through Friday
	Closed	weekends
	Commercial traffic must use Gate 4 on weekdays.	
Gate 5 through Friday	5 a.m. to 1 p.m.	inbound and outbound traffic, Monday
	3:30 to 6 p.m.	outbound traffic, Monday through Friday
	5 a.m. to 8 p.m.	inbound and outbound traffic, weekends



Yazzie is TRADOC Career Counselor of the Year

Sgt. 1st Class Derek M. Yazzie was named the U.S. Army Training and Doctrine Command 2013 Career Counselor of the Year, active component, after participating in the competition via video teleconference at Joint Base Langley-Eustis Sept. 26. Participants were challenged with a myriad of questions relevant to the present state of the nation and Army. Yazzie, from U.S. Army Training Center and Fort Jackson, will represent TRADOC at the upcoming Secretary of the Army Career Counselor of the Year Board.



Officer awarded Medal of Honor

By **LISA FERDINANDO**
Army News Services

Former Army Capt. William D. Swenson received the nation's highest military award for valor, the Medal of Honor, for actions during a fierce, six-hour battle following a deadly ambush in Afghanistan.

Swenson, who is the first Army officer to receive the Medal of Honor for actions in Iraq or Afghanistan, was honored at the White House, Oct. 15.

Guests at the ceremony included other Medal of Honor recipients, members of Swenson's team, and the families of service members who died in battle.

Secretary of the Army John McHugh, Chief of Staff of the Army Gen. Ray Odierno, Under Secretary of the Army Dr. Joseph W. Westphal, and Sgt. Maj. of the Army Raymond F. Chandler III also attended.

Before draping the medal around Swenson's neck, President Barack Obama recounted the heroic actions of the Army officer who saved more than a dozen lives during the Battle of Ganjgal in Kunar Province, Sept. 8, 2009.

Swenson is the second person to receive the Medal of Honor for that battle. Then-Marine Cpl. Dakota Meyer was honored for his valor two years ago.

Swenson is a remarkable example to the nation of the professionalism and patriotism that everyone should strive for, the president said.

"Captain Will Swenson was a leader on that September morning," Obama said.

"But like all great leaders, he was also a servant — to the men he commanded, to the more than a dozen Afghans and Americans whose lives he saved, to the families of those who gave their last full measure of devotion on that faraway field," he said.

Swenson was an embedded adviser to the Afghan National Border Police, Task Force Phoenix, Combined Security Transition Command-Afghanistan, in support of 1st Battalion, 32nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division (Light Infantry).

Swenson said the honor is for all who served that day and for the families of those who were killed in the battle.

"The value of an award is truly what we as a nation put into it, what we value it as," he told reporters after receiving the award.

"This award is earned with a team, a team of our finest Marines, Army, Air Force, Navy and our Afghan partners standing side by side," he said. "Now that team includes Gold Star families who lost their fathers, sons, and husbands that day. This medal represents them, it represents us."

Around sunrise that day four years ago, Obama said, a column of Afghan soldiers and their American advisers were winding their way up a narrow trail toward a village to meet with elders.



Photo by **LISA FERDINANDO**

President Barack Obama presents the Medal of Honor to former Army Capt. William Swenson, citing his extraordinary heroism in the Battle of Ganjgal, in Kunar Province, Afghanistan.

"But just as the first Soldier reaches the outskirts of the village, all hell breaks loose," Obama said.

The American forces and their Afghan partners were ambushed by more than 60 well-armed, well-positioned enemy fighters, the Medal of Honor citation said.

Insurgents surrounded three Marines and a Navy corpsman, Obama said, and rocket-propelled grenades, mortar and machine-gun fire poured in from three sides.

"Will and the Soldiers in the center of the column are pinned down," he said.

Swenson called in fire support, Obama said, but initial requests were denied because Swenson and his team were too close to the village.

After finding out his non-commissioned officer, Sgt. 1st Class Kenneth Westbrook, was injured, Swenson risked his life to aid him.

"Will breaks across 50 meters of open space, bullets biting all around," Obama said. "Lying on his back, he presses a bandage to Kenneth's wounds with one hand and calls for a MedEvac with the other, trying to keep his buddy calm."

Swenson continued to fight the enemy and risked his life getting Westbrook to the MedEvac, said Obama. Before the helicopter left, Swenson kissed Westbrook on the forehead in "a simple act of compassion and loyalty to a brother in arms," Obama said.

Risking his own life again, Swenson then drove an unarmored vehicle straight into the kill zone to rescue injured Afghan



ARMY NEWS SERVICES photo

Former Army Capt. William Swenson, right, received the Medal of Honor, for actions during a fierce, six-hour battle following a deadly ambush in Afghanistan. Swenson is the second person to receive the Medal of Honor for that battle.

forces, said Obama. He returned into the path of enemy fire again, when he and a Humvee crew recovered the four fallen service members, Obama said.

"Will and the others carry them out, one by one," Obama said. "They bring their fallen brothers home."

The service members killed were Marine Gunnery Sgt. Edwin Johnson, Marine 1st Lt. Michael Johnson, Marine Gunnery Sgt. Aaron Kenefick and Navy Corpsman Petty

Officer 3rd Class James Layton.

Nine Afghan National Security Force personnel died.

Westbrook survived the battle, but died a month later from complications.

"To the families of those we've lost, we will never forget," Obama said, adding that the nation is grateful for those who served that day and all who continue to serve "with such incredible courage and professionalism."



Photo by DAVID SHANES, command photographer

Fort Jackson honors volunteers

Dozens of volunteers are honored during the quarterly Helping Hands volunteer recognition ceremony Tuesday at the Joe E. Mann Center. The honorees combined for thousands of hours of volunteer work on and off post.

News and Notes

RUN FOR THE FALLEN

The Fort Jackson 5K run/walk for fallen Soldiers is scheduled for 8 a.m., Oct. 19 at Hilton Field. Registration packets are available for pickup from 9 a.m. to noon, today and Friday at the Family Readiness Center.

PARENT EDUCATION CONFERENCE

A parent education conference is scheduled for Oct. 23 at the NCO Club. Sessions are scheduled from 8 to 11:30 a.m. and from 6 to 8 p.m. Topics include school transitions, keys to success in elementary school, preparing for the journey (infants, toddlers and preschoolers), chart your course (middle and high school) and the college application process. For more information and to register, call 751-6150 or visit www.militarychild.org.

ARCHAEOLOGY MONTH

Fort Jackson will celebrate National Archaeology Month with a field day from 10 a.m. to 2 p.m., Saturday at Twin Lakes. Events include artifact identification, book sales, free posters and flint knapping demonstrations.

Information subject to change.

Exchange enlists shoppers in customer service efforts

From the Army and Air Force Exchange Service

The Army & Air Force Exchange Service regularly seeks authorized shoppers' feedback on how the organization is doing in supporting their needs.

As part of this effort, the Exchange mystery shopper program identifies select shoppers from each installation to go about their normal day-to-day shopping for a period of six months and detail their experience in a series of three survey sets.

Mystery shoppers are rewarded for their participation with a \$30 Exchange gift card and, for sharing their moviegoing experience at locations equipped with a theater, two free movie tickets along with popcorn and drinks. If three sets of surveys are completed within a six-month period, mystery shoppers receive \$90 in gift cards and six free movie passes.

"Not only is the Exchange mystery shopper program a great way to improve the shopping experience, but it

allows shoppers to take ownership of military shopping all over the world," said the Exchange's senior enlisted adviser, Chief Master Sgt. Tony Pearson. "It's only through the input of shoppers that we can offer the level of service our nation's finest, and their families, have come to expect at the Exchange."

Authorized patrons can apply to become mystery shoppers by registering at www.shopmyexchange.com. From the pool of applicants a new group of participants is selected every six months. There are currently about 350 active mystery shoppers at 130 Army and Air Force installations worldwide.

To apply, visit www.shopmyexchange.com and click the "Mystery Shopper — I want to apply!" link under the "Exchange Locations" header at the bottom of the page.

Exchange shoppers can also offer feedback by visiting www.shopmyexchange.com/CustomerService and clicking the "Catalog/Internet Feedback" and "Exchange Store Feedback" links on the right-hand side of the screen.

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Courtesy photo

Former Staff Sgt. Louis Seitz, a World War II veteran from Virginia, gets a tour of Fort Jackson during Family Day activities on Oct. 3. Seitz served in the 4th Armored Division under Gen. George S. Patton, and was visiting the post in support of his grandson, Pfc. Matthew Joyner, who was graduating.

Honoring warriors past and present

For Fort Jackson Soldiers, employees, and family members, Thursdays can only mean one thing – Basic Combat Training graduation.

On Thursdays, Fort Jackson has become accustomed to expect seeing hundreds of vehicles full of family members and friends file past the gates and create a trail of license plates from all 50 states along the route to Hilton Field.

COMMENTARY

**By 1ST LT.
ANTHONY D'ELIA**
*Executive Officer,
Company F, 1-34th*

Yet Oct. 3 was slightly different from the many Thursdays that preceded it because of the presence of a World War II veteran named Louis Seitz.

Former Staff Sgt. Louis Seitz came down to Fort Jackson, from his home in

Virginia, to support and honor his grandson, Pfc. Matthew Joyner who was graduating this day from Echo Company, 1-34 Infantry Battalion. It had been 10 weeks since Seitz had seen his grandson, and he was excited to watch him march across the field and join the same Army ranks he had served in during World War II.

Seitz, despite his small frame, kind demeanor, and infectious smile, was once a valiant warrior defending American freedom in over six separate countries. He served in the 4th Armored Division under Gen. George S. Patton. He distinguished himself in combat, was awarded the Bronze Star and many other awards and decorations.

What Seitz didn't quite expect upon arriving here, was the welcome that was waiting for him on Family Day. He was personally recognized by Lt. Col. Eric Flesch, the 1-34 Infantry Battalion Commander, who presented Seitz with a Battalion coin. Lt. Col. Flesch listened to Seitz' stories before the Family Day proceedings began.

Seitz enjoyed Family Day and thought that it was a great opportunity to spend time with Joyner. He and his family went to see the Fort Jackson museum. Unfortunately, the museum was closed because of the government shutdown. Seitz did not let that interfere with the good times they had together.

"We walked around the outside of the museum and looked at the tanks," said Barbara Joyner, Seitz' daughter. "He walked us through the vehicles he fought a war in."

If there was one thing he was proud of, it was how he was one of the few tank commanders who finished the war with the same tank in which he started the war.

That was not all he was proud of though. He was proud of what his grandson had become.

"It's a great thing that he (Pfc. Joyner) is doing this. He has become such a respectable kid." Despite the proud moment of watching his grandson graduate, there had been less joyful military moments for Seitz.

When discussing his grandson's training at Bastogne Range (Fort Jackson's machine gun range), he was swept with emotion thinking about the actual Battle of Bastogne, in which he participated. "It was the roughest and the longest battle we experienced. There was almost no difference between night and day, due to the rocket fire lighting the sky."

He looked off in the distance recalling men lost in the battle. This was a painful reminder that the wounds of war never really heal.

Returning the next day to Hilton Field for graduation with his service ribbons displayed on his gray coat, he sat patiently awaiting the 1-34 Infantry Battalion Soldiers to march across the field. Once they marched onto the field, Seitz was once again taken aback since his arrival.

Lt. Col. Flesch recognized Seitz as one of our few remaining members of Patton's Army, thanked Seitz for his

service and achievements. This special recognition was done in front of thousands of visitors and more than 600 new Soldiers. Brig. Gen. Bradley A. Becker, Fort Jackson Commanding General, and Fort Jackson Command Sgt. Maj. Kevin R. Benson also thanked Seitz for his outstanding service to our nation.

After the ceremony, Seitz stopped by the WWII monument, which was refurbished and rededicated this past spring, by the 1-34. The monument is located at Patton Field, which is named for Gen. Patton. Seitz admired the official WWII flag that flies high above the field. He stopped to take pictures with Lt. Col. Flesch and Command Sgt. Maj. Thomas Jones.

"Now all of this is quite the honor," Seitz said, referring to being recognized by the command team.

Later on, Seitz took time to speak about his Basic Combat Training experience. Seitz graduated from BCT more than 70 years ago at Pine Camp, N.Y. Pine Camp was renamed Fort Drum in the 1950s. Seitz said the drill sergeants of his time were "a good group of guys," but commented it was not always the easiest experience for him.

"I was placed in the 'awkward' (troublemaker) squad because as hard as I tried, I seemed to always do the opposite of what the drill sergeants wanted of me. I worked my way out of that squad, once I learned what I was doing," he said.

That is a lesson for all of us. Despite the hardships we face, it is not the hardships themselves that define us, but the way we overcome them. In the end, what is important is that Soldiers work their way through setbacks to become great Soldiers and leaders. These qualities allow us to take the fight to the enemies of the United States no matter what.

This is what makes us Army Strong.

COMMUNITY SNAPSHOTS



Courtesy photo

SSI honors outstanding employees

The Soldier Support Institute recognizes its outstanding employees during a reception Oct. 8 at the SSI auditorium. From left are Luvenia Baker, civilian of the quarter; Mike Gasque, civilian of the quarter; Michael Armstead, instructor of the quarter; Glenn Drum, civilian of the quarter; Capt. Theresa F. Fouda, instructor of the quarter; Sgt. 1st Class Christopher W. Gardner, instructor of the quarter.



Courtesy photo

Victory Spouses' Club

April Penney, center, Victory Spouses' Club president, welcomes Sherri Becker, Fort Jackson's new Commanding General's spouse, right, and Lara Chamberlain, the Soldier Support Institute's Commander's spouse, at the club's Sept. 26 meeting at the Dozier House.



Prepared for the worst

Courtesy photo

A Company 'Gators,' of the 120th Reception Battalion, recently conducted Chemical, Biological, Radiological, and Nuclear (CBRN) training, which remains critical a critical skill for Soldier readiness in the modern battlefield.

Overcome the stigma of depression

By **BEN SHERMAN**
Army News Services

October is National Depression Awareness Month, with the theme, “The courage to seek help.”

The Army is calling on commanders and leaders to inform Soldiers, dependents and civilian personnel that depression is treatable, and help decrease the stigma associated with seeking treatment.

“We are trying to raise awareness regarding depression and encourage Soldiers and other people to seek help. It involves screening, with efforts to try and reduce the stigma associated with depression, so people will feel more comfortable about seeking help,” said David Dodd, clinical psychologist and deputy director of Fort Sill’s Behavioral Health program. “This year’s theme, “The courage to seek help,” is good because it does take a fair amount of courage for people to make that initial contact and admit that they are feeling down or discouraged to the point of being depressed.”

OVERCOMING STIGMA

Dodd said there are several aspects to the stigma that Soldiers face. The first is a personal or internal perception that most service members feel. When they seek out help and admit there is a problem, they feel that they are seen as weak or inadequate in some way.

“Nobody really likes that feeling. But even if they get beyond that aspect of it, there’s a stigma that is reinforced by the system, by people who don’t understand and have never experienced depression. Therefore they treat people differently. A lot of people in the military, instead of feeling depressed, express their feelings with anger, frustration and rage. It is more acceptable in the Army to be angry and irritable, and to yell at people than to be sad or depressed. That’s part of the system,” Dodd said.

He added that it is common for people to come to behavioral health seeking help, because they are finally so miserable they can’t function. Often a good friend or battle buddy has suggested they seek help.

“But then they go back to their units and somebody will say they are pathetic, weak, broken or whatever, and that is the other side of the stigma. So battling depression and stigma should be a multi-level approach from different angles,” he said.

HOLISTIC APPROACH

In addition to the behavioral health clinics here, Fort Sill now has a new resource to help deal with depression - the Army Wellness Center. Stephanie Ryan, the new AWC director, says the center takes a holistic approach to their services, focusing on the mind and body as a whole, through multiple disciplines.

“Our core disciplines are fitness, nutrition, stress management, healthcare, tobacco education and responsible drinking. And those multiple disciplines provide many opportunities to manage depression,” Ryan stated. “One of our six programs is stress management and our goal is to increase the number of clients who maintain healthy stress levels. That includes stress evaluation, stress management education classes and biofeedback — with one-on-one sessions with a health educator.”

Ryan explained that biofeedback evaluates a person’s stress levels using instruments that measure the body’s response to external factors. That information teaches a person how to become more in control of their body’s responses to those factors.

“We use software that monitors your heart rate variability, and based on that we are able to determine what’s



Courtesy photo

October is National Depression Awareness Month, and the Army is calling on commanders and leaders to inform Soldiers, dependents and civilian personnel that depression is treatable, and help decrease the stigma associated with seeking treatment.

called your coherence level. A low coherence level would be a frustrated state, while a high coherence level would be a relaxed state. So it gives the patient a visual picture of what it looks like when they are stressed out, as opposed to being calm. It’s common for some people to be in a low coherence state and not even realize how stressed they are because they just think that’s just the way life is,” said Ryan. “It helps you learn to control what you can control and let go of the things that are beyond your control.”

Dodd said that behavioral health also uses biofeedback to provide information on what is going on biologically in a person’s body. When people have a stress response, it causes things that happen in their bodies.

MANAGING STRESS

“Some responses are due to acute stress, such as a threat — someone is trying to kill us, a near-fatal car accident or a dog is chasing us. And your body has that flight-or-fight response in order to get away. And that is natural. But some people develop a more chronic, high level of stress and it becomes so common that people aren’t even aware,” Dodd said. “So it’s not uncommon to put someone on the machine and it shows they are not nearly as relaxed as they think they are. And that’s when we begin to educate them and train them to know how to relax and how they feel when they really relax. The biofeedback gives you data and information on how to develop a relaxed response. Once you can control that, you can implement it whenever you need to.”

Dodd said that using biofeedback doesn’t mean that when a person is being chased by a dog or someone is trying to hurt them that they won’t still have that response of fight or flight. It just helps a person be more in control so they can take their emotions down a notch when they want to. “It helps shift the control of my stress response from external to internal. In the biofeedback response, it is just one way of saying I can control my breathing, I can control my thinking and help get myself down to a

somewhat mellow state,” he said.

“The wellness centers are the wave of the future across our country. It’s the way of determining how to prevent illnesses and maintain your health over time. Research says if you are mildly depressed one of the best things you can do is exercise. And so you may not want to go into the wellness center and start with stress management, but you can go and work out. If you exercise regularly during the week, and do it week after week, that can actually modulate stress as well. So the wellness center focuses on those six core areas and it is a great place to start,” Ryan said.

SEEKING HELP

But if someone is dealing with moderate or severe depression, they are well past the wellness stage. That’s when it is important to pay attention to the moods and behaviors of those around you.

“If someone you know, a Soldier, family member or coworker, shows signs of severe depression and says that they don’t feel like living, you shouldn’t leave that person alone. You should go with them to get help. And if you have moderate or severe symptoms of depression for over two weeks, and it’s impairing your ability to function, then it’s probably time to go get some help,” Dodd said. “You can get help anywhere at any time. Most behavioral health treatment is not done in behavioral health clinics, it’s done in primary care. So people don’t need to feel bad that they are going to be labeled or stigmatized.

“We have a system of referral that can put someone in the care of medical personnel. It used to be that you could only get help at behavioral health but now there’s help in every direction. You can go to the chaplain, you can go to your commander or you can go to your NCO. At every primary care visit for active duty Soldiers they do screenings to measure for depression, post-traumatic stress disorder and anxiety. The key is — if you have the courage, seek help somewhere.

Best Warrior competition postponed

By **PATRICK BUFFETT**

Fort Lee Public Affairs Office

FORT LEE, Va. — The budget standoff in the nation's capital has stalled the Department of the Army Best Warrior Competition, which had been set to take place at Fort Lee, Va., Oct. 15-17.

Sgt. Maj. of the Army Raymond F. Chandler III announced that the event will be postponed until a yet-to-be-determined date because of the current constraints on spending for temporary duty trips.

"I appreciate the continued commitment and flexibility of all agencies and commands involved in Best Warrior," Chandler said in a message to the Army's most senior non-commissioned officers. "I've told many of you that this year's competition will test our agile and adaptive warriors with a compressed timeline and a few surprises, so this date change adds yet another unexpected level of challenge."

The first phase of the 12th annual Best Warrior Competition was set to begin Sunday, with the arrival of competitors from overseas locations. The remainder of those competing – 24 in all, representing 12 major commands – would have reported Monday.

Command Sgt. Maj. James K. Sims, Combined Arms Support Command, was appointed by Chandler to oversee all preparations for this year's competition. Sims said he was glad to hear that the government shutdown did not cancel the event.

"Every one of the competitors earned the right to make the trip to Best Warrior," he said. "Over the past year, they competed at company, battalion, brigade and major Army command levels to secure a spot in the competition. Their commands are basically saying, 'These are the Soldiers we selected to represent us.' That's why we refer to them as the 'best of the best.'"

What specific challenges the competitors will eventually face during this year's competition is a well-kept secret. Event planners from Fort Lee and the Pentagon have squelched that information, saying it "adds to the intensity of the competition and prevents any unfair advantages among participants."

They only say it will include an Army Physical Fitness Test, a written exam and graded essay on general military topics, weapons qualification, a land navigation course, warrior tasks and battle drills, a mystery event, and a Soldier and NCO selection board comprising Chandler and six senior command sergeants major from across the Army.

"A big change this year is the timeline," Sims said. "It will be shorter in length, which reduced our overall cost by 70 percent compared to previous competitions. We also rearranged the traditional order of events. Aside from that, it will feature the same successive and unexpected chal-



U.S. Army photo

Sgt. Maj. of the Army Raymond Chandler discusses Best Warrior Competition plans on a Fort Lee, Va., range with Sgt. Justin Morataya and Sgt. Moises Alfar.

lenges that make it a complex, real-world-orientated competition.

"Our strategy was to base all aspects of the competition on the challenges faced while deployed. That was the SMA's vision," Sims said. "In combat, our Soldiers face situations where there may not be a true right or wrong decision, as each option has its own set of consequences. Weighing those options and consequences takes well-developed critical thinking skills – skills that will be necessary to find success in this year's Army Best Warrior Competition."

The schedule for this year's event also includes an unprecedented end-of-event ceremony where the winning competitors will be announced at Fort Lee and through streaming video. In previous years, the awards presentation took place in Washington.

"For us, it adds another level of excitement," Sims noted. "The place where they fought for the title is the same as where two will be crowned as the NCO and Soldier of the Year."

Speaking on behalf of the Fort Lee planning cell, Sims said his team is unfazed by the decision to postpone the competition. The mission has not changed, he noted.

"Whether this happens a couple of weeks or a couple

of months later, CASCOM and Fort Lee remain ready to support the event and its competitors just like it has done for the past 11 years," he said. "The Soldiers on our team are true game-changers in their level of commitment to excellence and getting the mission done whatever it takes. This competition has been under constant development and refinement since January, resulting in the intended world-class competition that will showcase the talents of the best warriors in the world."

Chandler echoed that sentiment.

"My sincere thanks go out to everyone who worked to plan this year's competition," he said.

"Whether you're assigned to Fort Lee or other nearby commands, I know you have studied, practiced and prepared to be part of the cadre and support staff that will make this event a success very soon. I appreciate your commitment – and your flexibility."

Although the competition date is not yet known, anyone who wants to learn more about the competitors or the event can visit www.army.mil/bestwarrior. During the competition, photos and videos will be uploaded daily so family, friends and fellow Soldiers can root for their favorite competitors.



Follow the Leader on

TWITTER

www.twitter.com/fortjacksonpao

CPAC CORNER

The open season for health, dental, and vision insurance and flexible spending accounts will be held for federal employees and retirees Nov. 11 to Dec. 9. The annual open season gives federal employees and retirees the opportunity to review their health plan choices and make changes for 2014.

It also allows eligible employees to enroll for coverage. Federal Employee Health Benefits program enrollees should review the benefits and premiums for their health plan choices and decide what coverage will best fit their healthcare needs in the coming year.

Established in 1960, the FEHB program is the largest employer-sponsored health benefits program in the United States. The government provides a weighted average contribution of 72 percent of premiums with a cap of no more than 75 percent of total premium cost. Approximately 90 percent of all federal employees participate in the program.

The OPM website provides a detailed breakdown of the rates.

HOUSING HAPPENINGS

ROAD CLOSURE

Chesnut Street may be blocked on Thursday from 10 a.m. to noon to accommodate heavy graduation traffic. If so, Chesnut will be blocked from Thomas Court to Hartsville Guard, and access to Capers and Owens roads will be blocked.

MAYORS NEEDED

The Mayoral Council is looking for volunteers to serve as mayors for the Fort Jackson housing communities. Taking part in council allows you to be a voice for the community. Your voice can bring ideas and suggestions to residents improving the quality of life while residing on Fort Jackson. In addition to receiving credit for volunteer hours, you will get to meet people and receive valuable training. Child care is provided while performing mayoral duties. Positions are currently available in PT1, PT2, PT3, PT5, PT6, PT7 and Howie Village housing areas. Interested residents should contact Vickie Grier at 751-7567.

PET POLICE

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

HALLOWEEN JUDGING

Best Halloween decorations in housing is back for October. Judging will take place the evening of Oct. 24. To be considered, make sure your house is decorated, lit up (if applicable) and ready to go.

TRICK OR TREATING

Trick or treating on on-post housing will take place 6:30 to 8:30 p.m. Oct. 31. Have fun and be safe.

Information subject to change.

Follow the Leader on Twitter at
[www.twitter.com/
fortjacksonpao](http://www.twitter.com/fortjacksonpao).

Film workshop provides therapy to combat vets

By **STAFF SGT. ALEXANDRIA BRIMAGE-GRAY**
Army News Service

Lights. Camera. Action. Cut. These were just a few of the words heard quite frequently during the "I Was There" film making workshop, held from Sept. 30 to Oct. 3, in the Warrior Transition Battalion Barracks Multipurpose Room at Fort Bragg.

Service members being treated at the Warrior Transition Unit, its cadre, as well as Soldiers and veterans on and off the installation were provided an opportunity to use the art of film making to help cope with post-traumatic stress disorder and traumatic brain injuries.

"It (films) helps people heal, the things that they have internalized and kept inside, the things that they cannot really express to others can now be seen in these movies through their eyes and others can see what they are going through," said Christine Parker, a film instructor with Patton Video Productions. "The movies are useful in communicating to their love ones and others just how deep these feeling go and just how difficult their lives are."

"On day one, everyone is on guard and really not sure as to what to expect from the workshop, but after they complete their initial short film and they see their results, they get kind of excited about it," said Parker.

As filmmaker, Parker was accustomed to making films from her vision, but she found this workshop as an opportunity to see film from a whole new perspective.

"This is neat seeing stuff through their eyes and to see the level of enthusiasm that they have for their projects, because they are able to communicate these things through video," said Parker. "This is a whole new way for them, and I think some of them may go further with this and continue to make more movies."

The participants were not required to have prior film experience to attend the workshop; the workshop taught them everything they needed to know to produce their very first film.

"Before this, I was sitting down watching the movie," said Staff Sgt. Rafael Rodriguez, an almost 30-year Army veteran and current warrior in transition. "Now I am actually a performer and also working behind the camera. Although it is not easy, it is very exciting. It is very exciting knowing that I know how to make movies, but especially a movie where each clip represents an event from my four deployments to share with others."

"The workshop has been a good experience for me because I knew nothing about the ins and outs of film making prior to this experience," said Victor Walker, an Army veteran. "It was kind of hard at first, but the instructors made it a lot easier by showing us simple techniques and giving us free reign as to how to complete our movie. After talking to others who share similar experiences as me, I realized that our stories are just the same."

"The workshop has really just opened me up to a whole new avenue to get advice, exchange ideas on different coping mechanisms and just being able to talk about some of the de-stressors that can be used to make our lives a little easier," Walker continued.

According to Rodriguez, the workshop has been like a flashback.

"Prior to this exercise I had not seen many of these pictures in years," Rodriguez explained. "After being deployed four times, the workshop helped me to realize that there is hope and that you are not alone. I have learned that you help others as well as yourself by sharing your experiences. When I see the pictures now, I realized that what I had been through was not that bad. It has also allowed me to forget and move on with my life. This has been the greatest benefit to me from this workshop."





Photo by WALLACE McBRIDE

Staff Sgt. Gary Moore, 4th Battalion, 10th Infantry Regiment, trains new Soldiers on the use of combat weapons last week at Bastogne Range. Moore recently received the coveted Soldier's Medal, awarded to any person of the Armed Forces, or of a friendly foreign nation, who distinguishes himself of herself by heroism not involving actual conflict with an enemy. It is the highest honor a Soldier can receive for an act of valor in a non-combat situation.

'Deeds, not words'

Modesty a defining trait of Soldier's Medal recipient

By WALLACE McBRIDE
Fort Jackson Leader

There was grease on his hands Thursday morning.

Staff Sgt. Gary Moore, 4th Battalion, 10th Infantry Regiment, was repairing a push cart used by Soldiers to retrieve ammunition belt links that scatter after being ejected from the weapons used at Bastogne Range. This is what his job occasionally looks like, at least when he's not teaching the next generation of Soldiers basic combat skills, he said.

It used to be easy to spot the metal links when the range had a sandy surface, but rubber mulch was added a few years ago, which makes the clips difficult to spot with the naked eye. The cart looks a bit like a "push reel" lawn mower, and has a magnet attached to its undercarriage to collect the spent clips.

He clearly enjoys his job, and seemed to be more relaxed last Thursday morning than he was a day earlier. Standing on the stage of the 120th Adjutant General Battalion auditorium with Fort Jackson's top brass, Moore received the Soldier's Medal, one of the Army's rarest accolades.

"In 27 years, I've pinned on a lot of awards," Brig. Gen. Bradley Becker, Fort Jackson's commanding general, told the audience. "This will be my first Soldier's Medal."

Introduced in 1926, the Soldier's Medal is awarded to any person of the Armed Forces, or of a friendly foreign nation, who distinguishes himself or herself by heroism not involving actual conflict with an enemy. It is the highest honor a Soldier can receive for an act of valor in a non-combat situation.

"Everybody in this room had the potential to be a hero," Becker said. "The question is, when you're put in that situation, how will you react? And Staff Sgt. Moore has demonstrated that he's a hero. That's part training ... but it's more about character."

Last October, Moore was supervising training at Remagen Range on Fort Jackson, where new Soldiers get their first experience with live hand grenades. Because any accident at the range is potentially fatal, there are strict training guidelines in place. When that protocol is obeyed, there's hardly any risk involved. Last October, though, one Soldier failed to follow proper procedures, almost resulting in tragedy.

According to Army records, a Soldier in training pulled the pin on a grenade and turned to throw it in the wrong direction, threatening the other Soldiers in the next training bay. As Moore moved to correct him, the Soldier dropped the grenade to the floor of his own training bay.

Moore tossed the Soldier from the concrete enclosure and covered him with his body as the grenade detonated just three feet away, on the other side of a concrete wall.



Photo by DAVID SHANES, command photographer

Staff Sgt. Gary Moore, left, receives the Soldier's Medal from Brig. Gen. Bradley Becker, Fort Jackson's commanding general, during a formal ceremony held last week on post.

Thousands of new Soldiers pass through Remagen Range every week for training, each one nervously carrying a pair of live grenades, said 171st Infantry Brigade Commander Col. Mark Bieger. It's the responsibility of Soldiers such as Moore to not only instruct them, but to keep them safe, as well.

"Moore would see 60 to 80 Soldiers, sometimes more, every single day," Bieger said. "Soldier after Soldier after Soldier, until this young private happens to come into the bay ... and you heard the rest of the story. Sgt. Moore quickly, decisively, with discipline, with confidence, saved that Soldier's life."

He said Moore's willingness to make sacrifices did not begin and end at Remagen Range last October. It's been a character trait that's defined his career.

"Moore served in distinguished positions such as Rifleman, team leader, squad leader, positions I've never had the opportunity to hold, but I can only hold in the highest esteem for what he did," Bieger said. "Moore deployed to Iraq three times for a total of 40 months. And not only Iraq, but the Philippines and Europe, multiple deployments away from his beautiful wife, and taking care of those young Soldiers he was responsible for."

With so many willing to tout his accomplishment during last week's ceremony, Moore kept his own comments brief.

"I was supposed to prepare a speech," Moore told the audience during the ceremony. "I just wanted to thank everyone for attending, and (share) the motto of my old battalion: 'Deeds, not words.'"

Lt. Col. Keith Purvis, 4th Battalion, 10th Infantry Regiment commander, said Moore's humility was not for show, and has been on display during the investigation in the training accident.

"What he did was very heroic," Purvis said. "I went out to Remagen Range right afterward to find out what had happened. Staff Sgt. Moore was very calm, very matter of fact ... what he said on stage today was very sincere."

After the medal presentations, Soldiers lined up afterward to shake his hand during a reception. Some even asked to have their photograph taken with him. The next day, when life returned to normal, he was a little more comfortable speaking about last year's event and its consequences.

"It is a little overwhelming, to say the least," Moore said. "It's an honor to receive it but, for me to have all the accolades that come along with it? It's not exactly who I am."

Moore maintains that any other Soldier in his position would have reacted just as quickly, just as decisively as he did last fall.

"There are so many sacrifices that so many servicemen and women make every day that go, not

necessarily unrewarded, but ... it's just the norm," Moore said. "Anyone in this company, if they were put in that situation, would do the same thing. That's part of the job."

It's not a point of view shared by everyone, though. 171st Brigade Command Sgt. Maj. Charles Cook said Moore's response was a culmination of a great many things, including training, experience and a unique strength of character. Had any one of those elements failed, we would be telling a different story today.

"It's incredibly unlikely that we can expect everyone to always figure out exactly what it is that needs to happen in those few seconds," Cook said. "The amount of time, between the pin coming out of it and the grenade detonating as designed, is not much time. Once you figure out what to do, you've probably cut that amount of time in half."

Without that "lack of sense of self," he said, the human sense of self-preservation would have left the Soldier in training to fend for himself.

"But he didn't think about himself; he grabbed the other Soldier and put him into a safe position first," Cook said. "He's a very humble person."

"It was more of a reaction than anything else," Moore said. "The more you train for something, the more likely you'll react the right way in any given situation. We practice for worst-case scenarios with the Soldiers."

Real hand grenades don't function the way they're often portrayed in movies, but are just as lethal, he said.

"There's a 15-foot kill radius on a typical hand grenade. When they go off, there's not a big fireball. There's shrapnel and an explosion, but it's not as cool as it looks on TV. Hollywood always makes things look cooler."

His wife, Perlie Moore, said her husband wasn't eager to speak about the incident, even immediately afterward.

"He didn't call me when it happened," she said. "When he came home, he was acting different. He was quiet, and he's not usually quiet. I asked him what was wrong, and he said, 'I can't really talk about it.'"

She eventually got the story out of him, though. "I told him, 'It was safer when you were deployed,'" Perlie said, laughing.

"I've been married for 12 years now. I don't necessarily tell my wife everything that goes on at work," Moore said. "I've been deployed a couple of times, and I'm sure most Soldiers don't like to talk about the day-in, day-out routine of life in the Army. We share what we can, when we can, but it's not necessarily everything."

And, for the Soldier-in-training who dropped the hand grenade during training last year?

"I'm pretty sure he was recycled, went back through and graduated basic training," Moore said. "He's going to be a great Soldier later on in life."

Milton.W.McBride3.ctr@mail.mil

Calendar

Saturday

National Archaeology Month celebration
10 a.m. to 2 p.m., Twin Lakes
Activities include an open-site excavation, artifact identification and flint knapping demonstrations. For more information, call 751-7153/5971.

Saturday

Fort Jackson pet show
Noon to 3 p.m., Main Exchange

Saturday, Oct. 26

National Prescription Drug Take Back Day
10 a.m. to 2 p.m., Main Exchange

Saturday, Oct. 26, Wednesday, Oct. 30 and Thursday, Oct. 31

Terror at Twin Lakes/What's in the Water
6 to 9 p.m., Twin Lakes
For more information, call 751-8707.

Thursday, Oct. 31

Halloween trick-or-treat hours on post
6:30 to 8:30 p.m., housing areas

Monday, Nov. 4 and Tuesday, Nov. 5

Military clothing reclamation sale
8 a.m. to 3 p.m., 2570 Warehouse Row
This cash-only sale is open to military of all ranks and military retirees. For more information, call 751-7213.

Announcements

TSSD RENAMING

The former Training Support and Schools Directorate is now Victory College. For enrollment in courses through ATRRS, use the new course titles below:

- The former Physical Readiness Division (PRD) is now the U.S. Army Physical Fitness School (USAPFS).
- The former Master Resilience Training Course (MRTC) is now the U.S. Army Master Resilience School (USAMRS).
- The former Leader Development Division (LDD) is now the Initial Military Training Leadership School (IMTLS).
- The former Doctrine Training and Development Division (DTDD) is now the Proponency Development and Integration Directorate (PDID).

For questions, call 751-0855 or email Michael.R.Hatchett@us.army.mil.

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.

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.

FREE COMIC BOOK

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

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. beginning Nov. 1. 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.

MEMBERSHIP BREAKFAST

The Adjutant General's Corps Regimental Association, Carolina Chapter, will hold the first quarter general membership breakfast 7 a.m. Nov. 21 at the Fort Jackson NCO Club. The guest speaker will be Master Sgt. Everett Johnson, AG Proponency NCOIC, Soldier Support Institute.

SPORTS BRIEFS

Halloween Howl 5K, 8 a.m., Oct. 26 at Twin Lakes. Sign up at the Sports Office or on race day from 6:30 to 7:30 a.m. For more information, call the Sports Office at 751-3096.

GIRL SCOUT MEETINGS

The Fort Jackson Girl Scouts meet regularly at 5957 Parker St. Girls of all school ages are welcome. For more information, call 708-9255 or email fjacksongs@outlook.com.

THRIFT SHOP NEWS

The Thrift Shop is asking for feedback on extending its hours and opening on Saturdays. Feedback can be dropped off in the suggestion box at the store.

Meanwhile:

- Winter clothes are now accepted.
- Halloween items will be accepted through today.
- Thanksgiving items will be accepted through Nov. 14.
- 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 E5 and below.

RETIREMENT CEREMONY

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

BOY SCOUT MEETINGS

The Fort Jackson Boy Scouts and Cub Scouts meet each week at various times. For information about the troop or pack, call 409-9568.

TARP BRIEFINGS

Annual Threat Awareness and Reporting Program briefings are offered monthly at the Post Theater. For more information, call 751-7852/3366/3802.

AA MEETINGS

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

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.

FCC PROVIDERS NEEDED

The Family Child Care office is accepting applications for FCC providers. The program is recruiting the best-qualified applicants, especially those willing to provide full-time care for children younger than 2. Military spouses living on Fort Jackson and off-post providers registered with the Department of Social Services may apply. For more information, call 751-6234.

CHANGES IN RECORDS SECTION

The Directorate of Human Resources, Military Personnel Division, Personnel Services/Processing Work Center (PSP-WC), Records Section (located in the Strom Thurmond Building, Room 200) is transitioning to an appointment-only basis for certain services.

Effective June 1, the Records Section has been operating on an appointment-only basis Monday-Friday, from 10 a.m. to 4:45 p.m. for the services identified below. Walk-in hours are from 8 to 9:30 a.m.

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

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

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.

MILITARY INSIGNIA COLLECTORS

Military insignia collectors meet every month to trade and identify patches and crests and discuss the history of the items. For more information, call 419-9247. Leave a message after 6 p.m.

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.



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www.twitter.com/fortjacksonpao

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

Follow the Leader on Twitter at www.twitter.com/fortjacksonpao. Like us on Facebook. Log on to your account and search for "Fort Jackson Leader."

At your service

Phone numbers and operation hours for key post facilities

All South Federal Credit Union	782-9830	Monday-Thursday, 9 a.m. to 5 p.m.; Friday, 9 a.m. to 6 p.m.
American Red Cross	751-/4329/5923	Monday-Friday, 8 a.m. to 4 p.m.
Andy's Fitness Center	751-4177	Monday-Friday, 5 a.m. to 9 p.m.; Saturday, 8 a.m. to 6 p.m., Sunday, 10 a.m. to 4 p.m.; call for hours on training and federal holidays
Army Career Alumni Program	751-4109/4104	Monday-Friday, 7:30 a.m. to 4:15 p.m.
Army Community Service	751-5256	Monday-Friday, 8 a.m. to 4 p.m.
Army Continuing Education Services	751-5341	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Army Substance Abuse Program	751-5007	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Basic Combat Training Museum	751-7419	Monday-Friday, 9 a.m. to 4 p.m.; Family Day, 9 a.m. to 6 p.m.
Bowling, Century Lanes	751-6138	Monday, 5:30 to 9:30 p.m.; Tuesday, 9 a.m. to 9:30 p.m.; Wednesday, 8:45 a.m. to 8:30 p.m.; Thursday, Friday, 11 a.m. to 9:30 p.m.; Saturday, 9 a.m. to 10 p.m.; Sunday, 1 to 8 p.m.
Bowling, Ivy Lanes	751-4759	(For use by Soldiers in training): Wednesday, 11 a.m. to 8:30 p.m.; Friday, 5:30 to 9 p.m., Saturday, 1 to 9 p.m.; Sunday, noon to 5 p.m.
Car Care Center	782-1639	Monday-Friday, 8 a.m. to 5 p.m.
Chaplain Museum	751-8827/8079	Monday-Friday, 9 a.m. to 4 p.m.
Child and Youth Services	751-4865	Monday, Wednesday and Friday, 7:30 a.m. to 4:30 p.m.; Tuesday and Thursday, 7:30 a.m. to 6 p.m.
Civilian Personnel Advisory Center	751-3219	Monday-Friday, 8 a.m. to 4 p.m.
Class VI	782-1601	Monday-Friday, 9 a.m. to 7 p.m.; Saturday, 9 a.m. to 8 p.m.; Sunday, 10 a.m. to 7 p.m.
Clinical Army Substance Abuse Program	751-6597	Monday-Friday, 7:30 a.m. to 4:15 p.m.
Coleman Gym	751-5896	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends, training holidays and holidays except Christmas and New Year's Day, 6 a.m. to 2 p.m.
Commissary	751-5789	Sunday, 11 a.m. to 6 p.m.; Tuesday and Saturday, 9 a.m. to 8 p.m.; Wednesday-Friday, 10 a.m. to 8 p.m.
DA Photos (TSC)	751-7593/7594	Monday-Thursday, 8 to 11 a.m. and 1 to 3 p.m.
Defense Military Pay Office	751-6669 (Soldiers)	Monday-Friday, 8 to 11:30 a.m. and 12:30 to 4 p.m. Civilians should call 751-4914.
Dental Clinics	751-5178/6017	Monday-Friday, 7:15 a.m. to 4:15 p.m.
Family Health Center	751-2273	Monday-Friday, 7:20 a.m. to 8 p.m.; training holidays, 8 a.m. to 4 p.m.
Family Life Resiliency Center	751-4961	Monday-Friday, 9 a.m. to 5 p.m.
Florist	738-1812	Monday-Friday, 9 a.m. to 5:30 p.m.
Fort Jackson National Cemetery	699-2246	Monday-Friday, 8 a.m. to 4:30 p.m.
Furniture Store	787-9175	Monday-Friday, 9 a.m. to 6 p.m.; Saturday, 10 a.m. to 5 p.m.; Sunday, 11 a.m. to 5 p.m.
Hospital Retail Annex	782-1263	Monday-Friday, 7 a.m. to 4 p.m.
ID Section	751-7731	Monday-Friday, 8 a.m. to 4 p.m.
Legal Assistance and Claims	751-4287/3603	Monday-Friday, 9 a.m. to 4 p.m.
LCI-SSSC	790-5306	Monday-Friday, 8 a.m. to 4 p.m.
Main Outpatient Pharmacy	751-2259	Monday-Friday, 7:30 a.m. to 5 p.m.
MG Robert B. Solomon Center	751-4056	Monday-Friday, 8 a.m. to 8 p.m.; Saturday, 8 a.m. to 6 p.m.; Sunday, 10 a.m. to 4 p.m.
Military Clothing Sales Store	787-5248	Tuesday, Wednesday, Friday, 9 a.m. to 6 p.m.; Thursday, 9 a.m. to 7 p.m.; Saturday-Sunday, 10 a.m. to 4 p.m.
Movie Theater	751-7488	Hours vary
National Federation of Federal Employees	751-2622	
NCO Club	782-2218	Lunch: Monday-Friday, 11 a.m. to 1:30 p.m.
Officers' Club	751-4906	Tuesday-Friday, 8:30 a.m. to 4:30 p.m.; Sunday brunch, 11 a.m. to 1:30 p.m.
Palmetto Falls Water Park	751-3475	Closed for the season
Perez Fitness Center	751-6258	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends and training holidays, 10 a.m. to 6 p.m.
Pharmacy Annex (PX mall)	751-2250	Monday-Friday, 9 a.m. to 6 p.m.
Pool, Knight	751-4796	Monday-Friday, 6 a.m. to 2 p.m., 4:30 p.m. to 7 p.m.
Pool, Legion	751-4987	Closed for the season
Post Exchange	787-1950/1951/1952	Monday-Saturday, 9 a.m. to 9 p.m.; Sunday, 10 a.m. to 7 p.m.
Post Library	751-5589/4816	Monday-Thursday, 11 a.m. to 8 p.m.; Friday-Sunday, 11 a.m. to 5 p.m.
Post Office	782-8709	Monday-Friday, 8:30 a.m. to 5 p.m.
Recycling Center	751-4208	Monday-Friday, 7 a.m. to 3 p.m.; Saturday, 8:30 a.m. to 3:30 p.m.
Reuse Center	751-5121	Monday-Friday, 10 a.m. to 2 p.m.
Safety Center	751-6004	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Gate 1 Express	782-2076	Monday-Friday, 6:30 a.m. to 6 p.m.; Saturday-Sunday, 10 a.m. to 4 p.m.
Gate 2 Express	790-4478	Monday-Friday, 5 a.m. to 10 p.m.; Saturday, 5 a.m. to 11 p.m.; Sunday, 7 a.m. to 9 p.m.
SSI Retail Annex	738-9189	Monday-Friday, 8 a.m. to 2:30 p.m.
Thrift Shop	787-2153	Tuesday and Thursday, 9 a.m. to 3 p.m.; Wednesday, 9 a.m. to 5 p.m.
Vanguard Gym	751-4384	Monday-Friday, 5:30 a.m. to 9 p.m.; Saturday, Sunday and holidays, 1 to 8 p.m.
Veterinary Clinic	751-7160	Monday-Friday, 8 a.m. to 4 p.m.
Victory Travel	751-5812	Monday-Friday, 8 a.m. to 5 p.m.; closed on federal holidays
Weapons Registration	751-5887	Monday-Friday, 8 a.m. to 4 p.m.

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

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt. Deon Myers
Company A
1st Battalion,
61st Infantry Regiment
HONOR GRADUATE OF THE CYCLE
Pvt. Melvin Dhismon
STUDENT LEADER OF THE CYCLE
Pvt. Anthony Ricco
HIGH BRM
Pvt. Mola Tagaloa
HIGH APFT SCORE
Spc. Candice Rose



Staff Sgt. Johnsie Little
Company B
1st Battalion,
61st Infantry Regiment
HONOR GRADUATE OF THE CYCLE
Spc. Mohamed Salih
STUDENT LEADER OF THE CYCLE
Pvt. Bernhard Douglas
HIGH BRM
Pvt. Jesse Hoffer
HIGH APFT SCORE
Pvt. Jeremiah Wilt



Staff Sgt. Shawn Vik
Company C
1st Battalion,
61st Infantry Regiment
HONOR GRADUATE OF THE CYCLE
Spc. Kyle Siordia
STUDENT LEADER OF THE CYCLE
Spc. Chelsea Kay
HIGH BRM
Pvt. James Freeman
HIGH APFT SCORE
Spc. Emily Lilly



Staff Sgt. Joseph Hetcht
Company D
1st Battalion,
61st Infantry Regiment
HONOR GRADUATE OF THE CYCLE
Spc. Guillaume Kellogg
STUDENT LEADER OF THE CYCLE
Pvt. Kenneth Gann
HIGH BRM
Pvt. John White
HIGH APFT SCORE
Spc. Katherine Brown



Staff Sgt. Juan Vargas
Company E
1st Battalion,
61st Infantry Regiment
HONOR GRADUATE OF THE CYCLE
Spc. Christian Lubbe
STUDENT LEADER OF THE CYCLE
Pvt. Lucas Borgman
HIGH BRM
Pvt. Justin McGriff
HIGH APFT SCORE
Pvt. Christian Lubbe



Sgt. 1st Class Kevin Stanfield
Company F
1st Battalion,
61st Infantry Regiment
HONOR GRADUATE OF THE CYCLE
Spc. Benjamin Fay
STUDENT LEADER OF THE CYCLE
Spc. Jason Krusemark
HIGH BRM
Spc. Benjamin Fay
HIGH APFT SCORE
Pfc. Max Nowry

SPECIAL RECOGNITION AWARDS OF THE CYCLE

TRAINING SUPPORT
Charles Jackson

STAFF SUPPORT
James Friday

SERVICE SUPPORT
Staff Sgt. Markita Moore

FAMILY READINESS GROUP
Char Flippo

Weekly honors



BAMMERLIN

Spc. Daniela Bammerlin
Soldier of the week
Third Army/ARCENT



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