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THE FORT JACKSON LEADER

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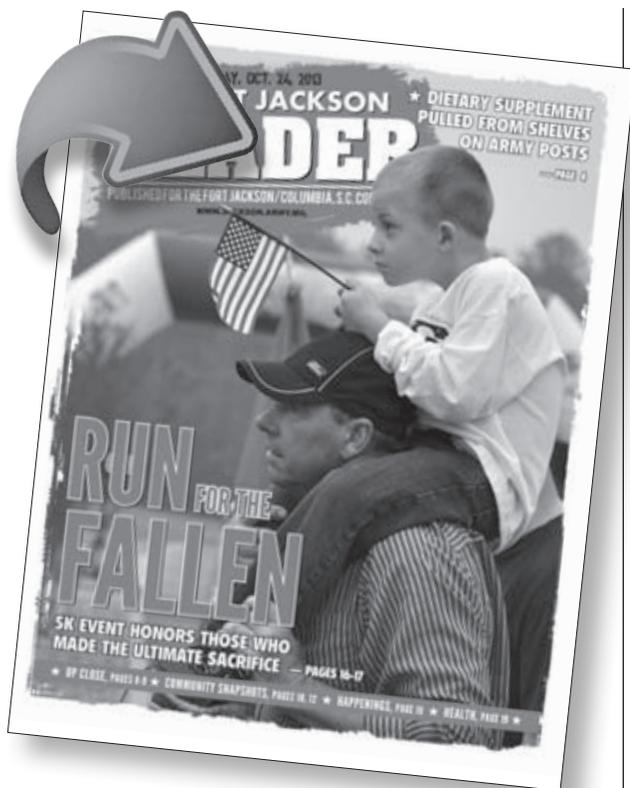
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RUN FOR THE FALLEN

**5K EVENT HONORS THOSE WHO
MADE THE ULTIMATE SACRIFICE** — PAGES 16-17

★ UP CLOSE, PAGES 8-9 ★ COMMUNITY SNAPSHOTS, PAGES 10, 12 ★ HAPPENINGS, PAGE 18 ★ HEALTH, PAGE 19 ★



ON THE COVER

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

The annual Run for the Fallen 5K event drew hundreds of participants and spectators to Fort Jackson last weekend. SEE PAGES 16-17.

THE FORT JACKSON LEADER

Fort Jackson, South Carolina 29207

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NEWS

Army records safest year, strives for even safer 2014

By JULIE SHELLEY

U.S. Army Combat Readiness/Safety Center

FORT RUCKER, Ala. — Fiscal 2013 was the Army's safest year to date, according to end-of-year data recently released by the U.S. Army Combat Readiness/Safety Center.

Accidental fatalities declined 9 percent between fiscal 2012 and 2013, falling to an all-time low of 137 losses. The previous benchmark was set in fiscal 1997, when 150 Soldiers were killed in accidents.

"This is an outstanding accomplishment for our leaders and Soldiers," said Brig. Gen. Timothy Edens, director of Army Safety and commanding general, U.S. Army Combat Readiness/Safety Center. "It not only testifies to their safety commitment and leadership at all levels across the Army, but also strengthens evidence that we are moving in the right direction."

On duty, accidental losses fell 6 percent from 2012, continuing a yearslong downward trend in work-related deaths. The drop in off-duty fatalities was even more impressive, with a 17 percent reduction that was more than double last year's decline. A marked drop in fatal private motor vehicle accidents, historically the No. 1 accidental killer of Soldiers, was largely responsible for this success.

The 40 percent decline in sedan deaths and 15 percent decrease in motorcycle fatalities, the latter coming after a three-year upward trend, validates steps the Army has taken in recent years to combat these losses, said Command Sgt. Maj. Richard Stidley, USACR/Safety Center.

"We can't overstate how important this is for our PMV safety programs," Stidley said. "More Soldiers are home now than in at least the previous 10 years, so that means greater exposure to the hazards of driving and riding. Engaged leadership, Soldiers looking out for one another and better training opportunities are making a real difference."

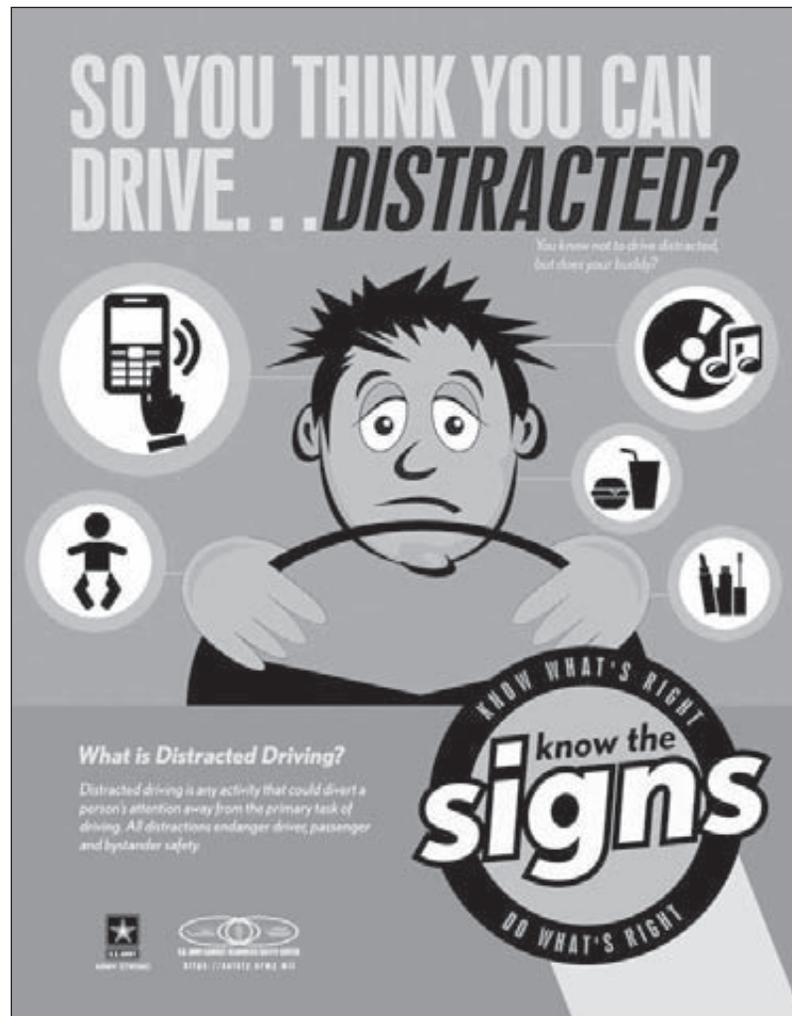
Although most accident categories experienced double-digit reductions throughout

fiscal 2013, water-related fatalities were up 225 percent from the previous year. Seven Soldiers drowned during the last quarter alone.

"Boating and drowning deaths tend to rise during the third and fourth quarters every year because that's when Soldiers are on the water most," Edens said. "While this isolated cluster of incidents doesn't necessarily indicate a trend, it and the rash of ATV accidents we experienced earlier this year show we can't let down our guard, no matter how well we're doing in the big picture."

Although 2013 was a banner year for safety, senior Army leaders called for a further 10 percent reduction in fatal accidents servicewide in the 2014 Army

Safety and Occupational Health Objectives. The signed memorandum is available at <https://safety.army.mil>.



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.



Photo by WALLACE McBRIDE

Sueng Forte, a program assistant with the child care center on Scales Avenue, reads to Pre-School 3 children Tuesday afternoon.

Child care fees rising in November

New program rates will be based on total family income

By WALLACE McBRIDE
Fort Jackson Leader

Fees for Army child care and related child and youth programs are scheduled to increase Nov. 1.

The fee increases are part of a goal to create consistency in child care fees across the Army, said Rose Edmond, coordinator of Child, Youth and School Services for Fort Jackson. While some families might experience a slight decrease in fees, others might realize an increase of \$1 to \$18 per month.

“The Army fee schedule is based on Department of Defense fee schedule,” Edmond said. “There will be slight changes in income categories, and these adjustments were tied to projected changes in income for military civilians.”

The new fee schedule is based on total family income. Nine categories for total family income have been adjusted from last year to reflect a weighted average of proposed military and civilian pay increases. By law, child care fees

paid by parents are based on total family income, not military rank or civilian grade.

Changes in Army Child and Youth Fee Policy for the 2013-2014 school year include:

- A slight increase or decrease in nine total family income, or TFI, categories;
- Revised payment procedures;
- Increase in late monthly payment fees;
- Revised parent participation procedures;
- Revised termination of services procedures;
- Installation procedures for Army Child Care in Your Neighborhood (ACCYN), Army School Age Programs in Your Neighborhood (ASPN), Operation Military Child Care (OMCC) and Military Child Care in Your Neighborhood (MCCYN).

Families will be provided complete information about their fee changes through their local Child, Youth and School Services program.

The Department of Defense is moving toward creating a consistent child care fee schedule across all armed forces,

using a structure designed to minimize the financial impact on families while ensuring they pay a share of their work-related child care expenses.

Edmond said one change to the new fee schedule might take families by surprise, though.

“If families owe any money at the end of the month, we’ll have to give them notice that we’re suspending their care,” she said. “They have to go back on the wait list to get back in, because we’re giving that space to the next person.”

Commanders may authorize financial hardship waivers for families with documented temporary financial hardships, though.

“We have what’s called hardship consideration,” Edmond said. “If they apply for that by the end of the month, they can request a reduction in fees. They’ll see a financial planner at (Army Community Services) who will look at their expenses and make a request to the garrison commander for a reduction in rates. But, we can’t lower their fees any lower than Category 1.”

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Diet supplements pulled from shelves

Health concerns prompt bans of Craze, OxyElite Pro

By **WALLACE MCBRIDE**
Fort Jackson Leader

Military installations have pulled the dietary supplement Craze from store shelves, prompted by a new study claiming the product contains a derivative of methamphetamine.

Craze is the second dietary supplement to be pulled from the shelves of military bases in October. Earlier this month, the Marine Corps pulled the dietary supplements OxyElite Pro from stores following concerns that it might have played a role in cases of acute hepatitis and liver failure in Hawaii.

“We received guidance on this a few weeks back,” said Don Sydlík, general manager of the Fort Jackson Exchange. “The Exchange and GNC have not carried any form of OxyELITE containing DMAA in its main stores since December, 2011.”

OxyElite Pro is sold in both powder and pill form and is marketed as a way to reduce body fat. OxyElite Pro was later reintroduced without the controversial DMAA ingredient since the 2011 ban.

“(OxyELITE) was removed from all military GNC locations on Army and Air Force installations as of Oct. 9,” said Scott Nahrwold, Fort Jackson deputy garrison commander.

“The reformulated OxyELITE was never carried in Exchange retail stores and was removed from all military GNC locations on Army and Air Force installations as of Oct.

“All Soldiers should investigate dietary or other supplements before taking them.”

— **Col. Mark Higdon**,
Moncrief Army Community
Hospital commander

9,” Sydlík said. “The Exchange has never carried Craze in its main stores, and its GNC concession locations removed Craze from its shelves on Oct. 17. I have personally checked our shelves and we are clean of both products.”

Some supplements can be dangerous and limit the combat effectiveness of Soldiers, predisposing them to heat or other injuries, said Col. Mark Higdon, Moncrief Army Community Hospital commander.

“All Soldiers should investigate dietary or other supplements before taking them,” Higdon said. “The recent news concerning banned substances being discovered in a commercially produced dietary supplement further highlights the fact that the Federal Drug Administration does not regulate or certify supplements.”

Health care providers should be consulted before using any supplements, he said.

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RIPPED

or **RIPPED OFF?**

YOU WANT RESULTS, BUT AT WHAT COST? NOT ALL SUPPLEMENTS ARE WHAT THEY CLAIM.

Worse, some supplements contain undisclosed ingredients that may be illegal and/or potentially dangerous.

OPSS
OPERATION SUPPLEMENT SAFETY

LOOK FOR SUPPLEMENTS WITH A SEAL from an independent organization such as USP or NSF that evaluates products for ingredient quality and safety.

www.hprc-online.org/dietary-supplements/OPSS

Know the potential benefits and risks of dietary supplements

Dietary supplements are products taken by mouth that contain a “dietary ingredient” such as vitamins, minerals, amino acids and herbs or botanicals.

Dietary supplements come in many forms, including tablets, capsules, powders, energy bars and liquids. Many dietary supplements on the market are tainted and unsafe. The most commonly tainted dietary supplements are those intended for bodybuilding, weight loss, diabetes and sexual enhancement.

Many people think supplements may be superior to natural foods, but in fact, most ingredients in supplements come from such food, whereas others are synthetic. Dietary supplements cannot offset the unfavorable

effects of poor food choices.

Before taking a dietary supplement, ask yourself:

- What’s in it?
- Does it work?
- Is it safe?
- Do I really need it?
- Has it been third-party tested?

Remember:

- Talk to a health care provider or your local military treatment facility’s registered dietitian.
- Read the label to see if the product is safe.
- The Food and Drug Administration does not test or approve dietary supplements before they are marketed

to the public.

■ Many products on the market are dangerous to your health and physical activity may increase the risk.

If you decide to use a supplement, be smart:

- Use well-known brands.
- Take no more than the recommended service size.
- Look for evidence of third-party testing on the label, which ensures:
 - What’s on the label is inside the bottle- and nothing more.
 - The quality of manufacturing.

For more information on supplements, visit: <http://hprc-online.org/dietary-supplements/opss>.

Source: United States Army Public Health Command



Photos by WALLACE McBRIDE

Kimberly Poovey, youth program coordinator at Daybreak Crisis Pregnancy Center, speaks with teens Friday at the Solomon Center as part of the Teen Summit, organized by the Fort Jackson Family Advocacy Program to prompt dialogue about the importance of healthy relationships.

Teen Summit stresses healthy relationships

By WALLACE McBRIDE
Fort Jackson Leader

There were weighty topics for discussion during last week's Teen Summit at Fort Jackson. More than 60 children, ages 12 to 17, gathered Friday at the Solomon Center to talk about issues ranging from smoking to sexual assault. Adults were present to lead the discussions, but the forum also gave teens the opportunity to talk about these topics with each other.

"Our plan is two-fold," said Shaneen Corujo, a victim advocate for the post's Family Advocacy Program. "We're celebrating teens making positive decisions and living with confidence. But we're also having workshops explaining some of the different scenarios that kids are faced with. They're having a forum to talk about it."

Those topics included teen pregnancy and contraceptive issues, protecting yourself on social media sites, drug abuse and the mixed-messages sometimes sent to teens by popular media.

"They're also talking about healthy relationships," said Corujo. "That's the basic theme we're going with for the event. We're looking at ways to develop and identify healthy

relationships. Practically every topic today, in some form or fashion, highlights the benefits of healthy relationships."

Teens were split into groups for break-out sessions to review the day's topics. Leaders from agencies around the midlands attended the event to lead these topics. Among the organizations represented were the Richland County Sheriff's Office, the S.C. Coalition Against Domestic Violence and Sexual Assault, and Child, Youth & School Services' "Keystone Club," a Fort Jackson effort which focuses on academic success, community service, career and education.

Corujo said it wasn't difficult to get children to attend Friday's event.

"We worked with CYSS to get everything coordinated," she said. "These are topics that the children were asking for more information about. This spun off from our program about teen dating violence in February. We took from that some of the topics that seemed to be important to kids, and put them in a forum where they could talk about it."

Last week's attendance was encouraging, she said.

"The way it's going, we're planning on making this an annual event," Corujo said.

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Rebecca Williams-Agee, director of prevention and education for the S.C. Coalition Against Domestic Violence and Sexual Assault, leads teens in a discussion Friday about the mixed messages sometimes delivered by popular media.



Pieces of history

The Directorate of Public Works Environmental Division partnered with the University of South Carolina, South Carolina Institute of Archaeology and Anthropology Saturday at Twin Lakes Park for the 2013 Archaeology Month public outreach event. Attendees were welcomed by volunteer exhibitors including members of the Fort Jackson Cultural Resources Program, the 2013 Old Fort Congaree Field School team, the Archaeological Society of South Carolina, The South Carolina State Historic Preservation Office, The South Carolina Department of Transportation, and the South Carolina Archaeology Public Outreach Division. A path to an archaeological site above Twin Lakes was cleared by the Fort Jackson roads and grounds crew for the event. Attendees were able to walk the path to view the site and interact with archaeologists at an excavation in progress. Above, children study artifacts through a magnification hand lens. Below left, USC Department of Anthropology graduate students John Fisher and James Stewart assist Nena Rice, director of Outreach South Carolina Institute of Archaeology and Anthropology, in setting up her display. Below, Stephanie Sapp, a S.C. Archaeology Public Outreach Division volunteer, guides a young participant through the steps involved in reconstructing a broken ceramic vessel.



Photos by CHAN FUNK, Directorate of Public Works



Photos by SGT. MAJ. CHRIS PATTERSON, U.S. Army Chaplain Center and School

Down & Dirty

A team made up of Soldiers enrolled in the U.S. Army Chaplain Center and School took part in the Oct. 12 USMC Ultimate Challenge Mud Run in Gaston. Top, Chaplain (Maj.) Brian Tung, a student in the Chaplain Captain Career Course (C4), Chaplain (Col.) David Colwell, USACHCS commandant, and C4 student Chaplain (Capt.) Jon Knoedler navigate through a mud pit. Right, Knoedler swings alongside Chaplain (Maj.) Tom Strong, a small group leader at the USACHS. Below, Strong carries Colwell toward the course's finish line.





Courtesy photo

120th visits governor's mansion

Cadre and family members of Company B, 120th Adjutant General Battalion (Reception) took advantage of some down time for some traditional southern hospitality Oct. 2 by taking a tour of the South Carolina Governor's Mansion. The only building left of the former state military school, Arsenal Academy, the mansion is located on a single city block and is surrounded by traditional South Carolina magnolia, elm and oak trees.



Courtesy photo

Cupcake wars

Tara Huston puts the finishing touch on a cupcake during a meeting of the Victory Spouses Club, Oct. 2, at the NCO Club. The theme was 'Cupcake Wars,' and members and their guests created and ate cupcakes. Pastry chef Debbie Truett demonstrated how to pipe icing on cupcakes and served as a celebrity judge for the cupcake decorating contest. The top three winners went home with a cupcake cookbook and a silicone cupcake pan. The next VCS luncheon 11 a.m., Nov. 6 at the NCO Club. The theme will be, 'Honoring All Who Served.' Attendees can participate in a military trivia game. A Thanksgiving-themed buffet will be served for lunch. RSVP for the November luncheon is required by noon, Oct. 31, at victoryreservations@gmail.com.



Men in pink

Courtesy photo

Fort Jackson firefighters are wearing pink T-shirts throughout October in honor of Breast Cancer Awareness Month.

ARCENT hosts town hall meeting

Lt. Gen. James L. Terry, U.S. ARCENT commanding general, held his first town hall meeting at Patton Hall on Shaw Air Force Base Oct. 17, to discuss his leadership philosophy and to educate Soldiers on upcoming changes expected throughout the Army. He encouraged Soldiers to understand and be adaptable to these changes, to maintain a high level of readiness, and to continue to adhere to the Army values.

Photo by SPC. SHARMAIN BURCH, ARCENT



News and Notes

FAMILY OF THE YEAR DEADLINE APPROACHING

The deadline to nominate a family for the Fort Jackson Family of the Year is Oct. 31. All nominations must be submitted through the family's unit or organization to the colonel-level commander. Families of active duty, National Guard, Reserve and retired service members as well as families of civilian employees are eligible.

OPEN SEASON HEALTH FAIR SCHEDULED

A health fair for federal employees is scheduled from 8 a.m. to noon, Nov. 4, at the Solomon Center. Open season for health benefits enrollment runs Nov. 11 through Dec. 9. For more information, visit www.opm.gov/healthcare-insurance/open-season/.

PATTON FIELD TRACK CLOSED

The track on Patton Field is closed for renovations. Walkers and runners are asked to use one of the other running tracks on post during the renovation.

MILITARY FAMILY APPRECIATION FUN FAIR SET

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

Information subject to change.



Friday, Oct. 25 — 7 p.m.
Smurfs 2 PG

Saturday, Oct. 26 — 2 p.m.
The Mortal Instruments PG-13

Sunday, Oct. 27 — 2 p.m.
Getaway PG-13

Wednesday, Oct. 30 — 4:30 p.m.
Getaway PG-13

Wednesday, Oct. 30 — 4:30 p.m.
Riddick R

Fort Jackson Reel Time Theater
(803) 751-7488

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

subject to change

SUBMISSION GUIDELINES

❑ Send all article/photo submissions to fjleader@gmail.com. Articles are due two weeks before publication. Photos and announcements are due one week before publication. For more information, call 751-7045.

❑ For information about classified advertising, contact Camden Media Co. at 432-6157.

❑ For information about display advertising, call Betsy Greenway at 432-6157.

CID warns about pay apps

From the Criminal Investigation Command

QUANTICO, Va. — The U.S. Army Criminal Investigation Command, commonly referred to as CID, is warning the Army community about the potential dangers of using non-DoD sanctioned applications to access Defense Finance Accounting Services, or DFAS, accounts.

On July 13, the free mobile application "MyPay DFAS LES" was released on the Google Play Android app store. Google estimates that between 10,000 to 50,000 people have already downloaded and installed this app on their personal mobile device.

The app purportedly allows users the ability to control their individual military pay account after they enter their myPay login information.

In addition to this app, there are several other third-party non-DoD sanctioned mobile applications available for Android and iPhone devices designed around DFAS payment processes for DoD military and civilian personnel, retirees and annuitants, as well as other government agencies.

CID is cautioning that using non-DoD sanctioned applications to access myPay accounts can potentially lead to one's personal account information being compromised

and possibly the theft of funds.

TIPS TO HELP PROTECT YOURSELF:

■ Before downloading, installing, or using an application, take a moment to research and review the software developer. This helps in getting an idea about other apps the developer has previously published.

■ Apps that imply to allow access to military or government sites should only be installed if they are official apps sponsored by the DoD or another government agency.

■ Review the user ratings and reviews from previous and current customers concerning the accuracy of the application's claims.

■ Inspect your device's application permissions screen to see what other information and applications will be accessed by the app. Some apps may be able to access your phone and email contacts, call logs, Internet data, calendar data, data about the device's location, the device's unique ID, and information about how you use the app itself. If you're providing information when you're using the device, someone may be collecting it.

For more information regarding cyber crime and staying safe online, visit the CID Lookout or the Computer Crimes Investigative Unit at www.cid.army.mil.

READY AND RESILIENT

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U.S. ARMY

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Wounded warriors inspire at ten-miler

By **LISA FERDINANDO**
Army News Service

WASHINGTON — The wounded warriors who raced in the Army Ten-Miler are an inspiration to the nation, said the Army's top enlisted adviser.

Sgt. Maj. of the Army Raymond F. Chandler III said he and his wife, Jeanne, are especially moved by the resilience, dedication and strength of the injured service members.

Wounded warriors have "chosen to overcome their illness, their injury, and their wounds and come out here and participate," he said at the race, Sunday.

"It's really the most important part of the whole race," Chandler said. "There's nothing like it."

Double amputee Mark Little raced with his team to support wounded warriors and those who are currently in harm's way.

"It's absolutely motivating. It's kind of cliché, but we don't do it for ourselves," said Little, who lost both legs below the knee in an explosively formed penetrator blast in Iraq in 2007.

Little's team ran on behalf of Operation Ward 57, a nonprofit that operates out of Walter Reed National Military Medical Center and supports wounded warriors, their families and loved ones.

"We're out here just trying to show our other brothers and sisters coming back missing legs, missing arms, blind, with traumatic brain injury, (post-traumatic stress disorder) that nothing can keep you on the couch," Little said.

It was a great day, he said, with such great people.

"I couldn't be happier," said Little, who, with his teammates, ran the 10 miles with full kits, including plates and rucksacks. He said that is what service members overseas would be wearing.

First-place female finisher Kerri Gallagher said she was inspired by the wounded warriors.

"It's just motivation and just really awesome to be able to run next to them and be there with them and sharing in that same experience, even though it's on a much different level," she said.

Capt. Kelly Calway, who is getting ready to deploy overseas, was the first female military finisher. She is stationed at Fort Carson, Colo., and ran on the U.S. All-Army Team.

"It's amazing. It's absolutely amazing," she said about running with wounded warriors in the race. "What they do — it's incredible."

Calway, who said she has visited wounded warriors at Walter Reed National Military Medical Center, said the injured service members have a great outlook on life. Instead of quitting, she said, they persevere and try that



Photo by SGT. 1ST CLASS BRIAN RHODES, Army News Service

Wounded warriors celebrate as they cross the finish line at the Army Ten-Miler Sunday.

much harder.

"Just their attitude about everything is really inspiring," she said.

Ben Creswell from Cedar Falls, Iowa, drills with the 451st Army Band out of Fort Snelling, Minn. He expressed great admiration for the resilience of the wounded warriors.

"It gives you a lot of strength seeing them work through it, and you hopefully give them some strength by cheering them on," he said.

Participants at the race also honored fallen service members.

Lt. Col. Pierre Jutras from Fort Belvoir, Va., took part in the event with family, friends and supporters, in memory of his son, Pfc. Dillon Jutras, who was killed in Iraq in 2005.

Team members wore shirts that had a photo of Dillon and included the words, "Remembering An American Hero." Jutras said his son had just turned 20 when he was killed.

"We just miss Dillon greatly and this is one way we can show our support and honor him," he said, noting that there were dozens of people who came out to cheer them on or run the race in his son's honor.



Photo by SGT. MIKKI L. SPRENKLE, Army News Service

A wounded warrior finishes the Army Ten-Miler with his running partner at the Pentagon.

LEADER DEADLINES

Article submissions are due two weeks before publication. For example, an article for the Nov. 7 Leader must be submitted by today.

Announcement submissions are due one week before publication. For example, an announcement for the Nov. 7 Leader must be submitted by Oct. 31.

Send your submissions to FJLeader@gmail.com.

For more information, call 751-7045.



Run for the Fallen

Hundreds turn out for annual 5K event at Fort Jackson



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



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

More than 900 runners participated in Fort Jackson's third annual Run for the Fallen Saturday at Hilton Field. The run, sponsored by Survivor Outreach Services, kicked off with a ceremony honoring survivors. Soldiers from the 369th Adjutant General Battalion, wearing bibs to commemorate the 353 service members from South Carolina who have died since Sept. 11, 2001, led the run followed by other Soldiers in formation and individual runners. The Run for the Fallen is an annual event held throughout the United States to raise awareness for fallen Soldiers. Bottom left, Brig Gen. Bradley Becker, Fort Jackson commanding general, addresses Saturday's audience at the start of the event.



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



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



Photo by KARA MOTOSICKY, Public Affairs Office

CMYK

CMYK

27" WEB-100

Calendar

Today

Lunch and Learn Financial Preparation for Home Buying Seminar
11:30 a.m. to 1 p.m., Education Center, Room 206B. Bring your own lunch. To RSVP, call ACS at 751-5256

Saturday

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

Saturday

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

Friday, Nov. 1

First Friday golf tournament
1 p.m., Fort Jackson Golf Course

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.

Sunday, Nov. 10

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

Wednesday, Nov. 13

Retired Officers Wives Club luncheon
11:30 a.m., Officers' Club
RSVP is required by Nov. 1. To make a reservation, call 788-5084.

Thursday, Nov. 21

Adjutant General's Corps Regimental Association, Carolina Chapter breakfast
7 to 8:30 a.m., NCO Club
For more information, email Eldora.E.Johnson.civ@mail.mil.

Announcements

CHANGES IN ID CARD OFFICE

The ID Card Office is changing hours of operation to ensure the best possible service for customers.

Effective Nov. 1, the ID card offices will operate on an appointment-only basis Monday-Friday, from 9:30 a.m. to 4:10 p.m. Walk-in hours will be from 8 to 9:15 a.m. Walk-ins that cannot be accommodated during walk-in hours will be asked to make an appointment or provided information to visit a different facility.

ID card appointments can be scheduled by using the ID Card Appointment Scheduler System at <https://rapids-appointments.dmdc.osd.mil>. Only one customer may be scheduled per appointment. Each customer must bring two valid forms of

identification. One must be a valid federal or state picture ID and the other may be a valid driver's license, social security card, birth certificate, passport, or voter's registration card. Customers who need to update/enroll in the Defense Enrollment Eligibility Reporting System (DEERS), reset a Personal Identification Number (PIN), or a DD Form 1172-2, an appointment is not necessary. Soldiers-in-Training do not need to schedule an appointment; however, it is highly encouraged to expedite the process.

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

MENTORSHIP NETWORK EVENTS

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

■ Nov. 12, 11:30 a.m. to 12:30 p.m., NCO Club: Kimberly Rich, general manager of marketing and training at Chick-fil-A, will speak about "creating raving fans by delivering 'remarkable' experiences."

■ Nov. 26, 11:30 a.m. to 12:30 p.m., NCO Club: Cassie Premo Steele, Ph. D., creativity coach and author of 12 book and audio publications, will speak about "journaling your way to gratitude — how writing can help you feel more thankful and full."

To RSVP, email Tracy.D.Ariza.mil@mail.mil.

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.

PWOC MEETINGS

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

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.

SPORTS BRIEFS

Halloween Howl 5K, 8 a.m., Saturday at Twin Lakes. Sign up at the Sports Office or on race day from 6:30 to 7:30 a.m.

Other dates to remember:

■ Oct. 31: Names are due by 4 p.m. for Commander's Cup bowling. Each battalion can have up to three teams per day. Bowling is scheduled for 2 p.m., Nov. 4, 5 and 7. For active duty only.

■ Flag football is played Tuesday and Thursday evenings.

■ Sand volleyball is played Mondays at the sand volleyball court behind Palmetto Falls.

■ Nov. 23: Turkey Trot 5K

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

THRIFT SHOP NEWS

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

Meanwhile:

■ The Thrift Shop will be closed the week of Thanksgiving and Dec. 20 through Jan. 7.

■ Winter clothes are now accepted.

■ Thanksgiving items will be accepted through 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., Nov. 15 at Patton Hall.

Information is subject to change.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events. Send your announcements to fjleader@gmail.com.

Housing happenings

PET POLICY

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

HALLOWEEN DECORATIONS

Judging for the home with the best Halloween decorations is scheduled for Tuesday. To compete, your home must be decorated and the decoration lights must be on (if applicable).

BAH

Basic Allowance for Housing is a U.S.-based allowance prescribed by geographic duty location, pay grade and dependency status. For more information, visit www.defense.travel.dod.mil/site/bah.cfm.

CPAC CORNER

The end of the federal leave year is Jan. 11. Employees must schedule "use or lose" annual leave by Nov. 30.

With respect to whether leave impacts resulting from the recent shutdown furlough may serve as a reason to approve leave restoration, both employees and agencies should make every effort to schedule, within the time limits specified by regulation, any additional "use or lose" annual leave made available to an employee whose previously approved annual leave was canceled during a lapse in appropriations.

If, however, the employee is unable to reschedule such annual leave and it is forfeited at the end of the leave year, the amount of annual leave that was canceled during the lapse in appropriations may be considered for restoration under 5 CFR 630.308 (56 Comp. Gen. 393 (1977)).

Based on this guidance from OPM, the Army has indicated that the decision whether to approve leave restoration based on impacts resulting from the recent lapse in appropriations falls within the discretion of the commands and activities, and should be determined on an individual, case-by-case basis.

FLAG FOOTBALL STANDINGS

Black league

3-34th	1-1
1-34th	2-0
187th	1-0
TFM	0-1
2-13th	1-0
SSI	0-2
MD#1	0-1

Gold league

1-13th	1-1
2-60th	2-1
DSS	1-1
2-39th	0-2
MD#2	2-0
175th	2-1
3-60th	0-2
MPs	1-1

Standings as of Oct. 22

SAND VOLLEYBALL STANDINGS

MEDDAC #1	1-1
MEDDAC #2	1-1
MPs	2-0
187th	2-0
SMASH	0-2
1-34th	2-0
3-34th	0-4

Standings as of Oct. 22

MACH OR nurses make certification news

By **ANDRE BUTLER**

Moncrief Army Community Hospital

Moncrief Army Community Hospital perioperative nurses are 86 percent certified by the Competency and Credentials Institute, which is why the hospital is the only military hospital named in the fall 2013 edition of the CCI News. CCI oversees the certification of operating room nurses throughout the U.S.

"This shows that we are actively involved with our governing bodies such as the Association of Perioperative Operating Room Nurses — or AORN for short," said Maj. H. Evans Williams, chief of Perioperative Nursing Services at MACH.

In order to be recognized someone has to let the institution know about the unit's organizational statistics. The hospital must also have 50 percent of the OR nurses on staff certified before being considered for appearance in the CCI publication.

"Capt. Christa Reyes, an OR nurse, is heavily, heavily involved with this and stays active reporting our certification numbers up," Williams said. "She has been here for about four years, and she is very active. She has been ... our big gatherer of operative nurse's information and statistics."

OR nurses have to renew certification every five

years.

Doctors at MACH agree that the certification is a plus when it comes to OR nurses.

"Not all perioperative nurses have this designation," said Dr. (Lt. Col.) Lance Hoover, chief of Surgery and Specialty Care at MACH. "In addition to that, they have expanded skill sets that allow us as surgeons to do more complicated cases. ... The certification is a standard of excellence in perioperative nursing."

This distinction means the MACH OR nurses are experts at managing daily operations in the hospital's operating rooms.

"We are certified to have complete oversight of OR operations," Williams said. "Everything from oversight to emergency management, we are qualified to handle."

In order to be certified, nurses must know their jobs intimately.

"To get certified there is a national exam that needs to be taken," Williams said. "And it requires passing that national exam to be certified."

The exam consists of several specialty topics nurses must know and be comfortable administering in the operating room.

"There are OR management questions and actual job questions on the exam," he said. "It even covers questions regarding things such as anesthesia. ... To be certified, you have to know what to do if something hap-

pens to your anesthesia provider during an operation. We don't need to be experts in the field, but we need to know enough to manage the situation."

Although being OR certified is not a requirement, Williams recommends it for professional reasons.

"I look at being certified from two points of view," he said. "First of all, it means the individual is self-driven enough to want to be a lead in his career field. ... Since it's not a requirement, getting (the certification) shows that individual's drive. Second of all, it provides a baseline level of expertise in the operating room."

Williams provided an illustration why being certified is important.

"Take mechanics for instance," he said. "You can have a backyard mechanic who can do just as good (a job), but you have a higher expectation of service when you take your vehicle to the dealership where the mechanics are certified by the manufacturer."

MACH has seven OR nurses on staff.

"We have five military OR nurses who are certified," Williams said. "We have one civilian nurse who is also certified, and one who is studying now for the exam."

He also pointed out other benefits for being certified.

"When you look at (nurses') credentials and see they have their certification, it's like a step up from the rest," he said. "It could mean the difference when applying for a position."



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



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FLU VACCINATIONS

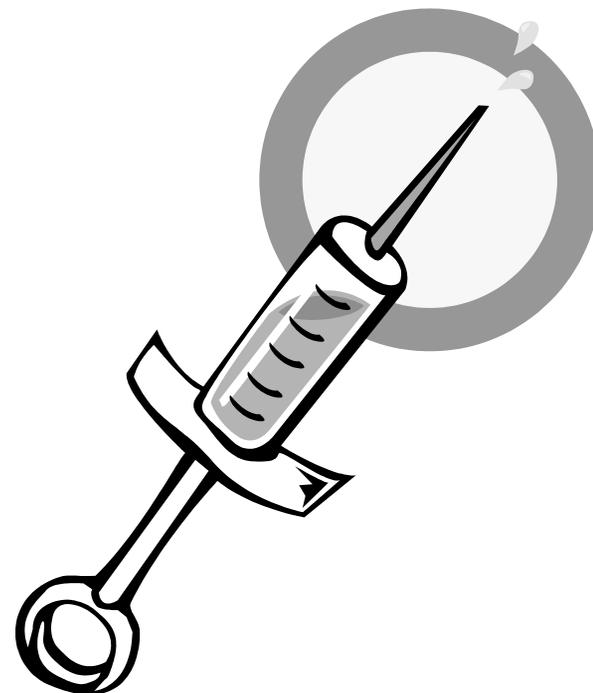
Seasonal flu vaccinations are now available to eligible beneficiaries. Flu mist is available for healthy beneficiaries 2 to 49 years old. Flu shots are currently available for beneficiaries 6 months to 17 years old. Flu shots for people 18 and older are not yet available. Updates will be published once the vaccines are available.

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

Flu vaccinations are available at Moncrief Army Community Hospital, sixth-floor Immunization Clinic, Room 6-5, from 8 a.m. to 4 p.m., Monday through Friday. On Wednesday, the clinic will be open from 8 a.m. to 7 p.m.

Flu vaccinations will also be available at the Post Exchange; 10 a.m. to 2 p.m., Tuesday.

Information is subject to change.



Your health care is a click away

Moncrief Army Community Hospital Integrated Health Clinic Medical Home

With online services from Army Medicine Secure Messaging Service you can:

- Book appointments
- Request/review lab and test results
- Request medication refills
- Request a referral
- Email your doctor a question
- Schedule web visits with your doctor



It's health care that clicks.

To register for online services ask your health care team in the Integrated Health Clinic Medical Home or visit: <http://www.relayhealth.com>.



Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt. David Demass
Company A
2nd Battalion,
13th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Pvt. Kaitlyn Campbell

SOLDIER OF THE CYCLE
Pvt. Liam Wright

HIGH BRM
Pvt. Carlos Felicianosilva

HIGH APFT SCORE
Pfc. Luis Damian



Staff Sgt. Maurice Milbourne
Company B
2nd Battalion,
13th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Pvt. Dakotah Hutkin

SOLDIER OF THE CYCLE
Spc. Travis Thurau

HIGH BRM
Pfc. Ty Higgins

HIGH APFT SCORE
Pvt. Devin Smith



Staff Sgt. Felicia Sims
Company C
2nd Battalion,
13th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Spc. Juan Poland

SOLDIER OF THE CYCLE
Pvt. Brett Bryant

HIGH BRM
Pvt. Brett Bryant

HIGH APFT SCORE
Pvt. Melissa Vallant



Staff Sgt. Vili Moeolo
Company D
2nd Battalion,
13th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Spc. Corinna Gonzalez

SOLDIER OF THE CYCLE
Pvt. Nathan Roman

HIGH BRM
Pvt. Quincy Broaden Jr.

HIGH APFT SCORE
Pvt. Erin Cran



Staff Sgt. Christopher Crum
Company E
2nd Battalion,
13th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Spc. Charlotte Belk

SOLDIER OF THE CYCLE
Pvt. Holden Schoenig

HIGH BRM
Spc. Christopher Lancaster

HIGH APFT SCORE
Pvt. Alexander Castillo



Staff Sgt. Bobby Brooks
Company F
2nd Battalion,
13th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Spc. Wai Fung

SOLDIER OF THE CYCLE
Pfc. Adam Brown

HIGH BRM
Pvt. Jesse McCarrell

HIGH APFT SCORE
Pfc. Keith Nevel

Weekly honors



CROSBY

Spc. Elliott Crosby
Soldier of the week
Third Army/ARCENT



AVANT

Sgt. 1st Class Calvin Avant
Cadre of the cycle
Company C
187th Ordnance Battalion



POWELL

Sgt. 1st Class Raymond Powell
Instructor of the cycle
Company C
187th Ordnance Battalion

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the Nov. 7 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the Nov. 7 Leader must be submitted by Oct. 31.

Send your submissions to FJLeader@gmail.com.

For more information, call 751-7045.

ACS Calendar of Events — November

MONDAY, NOV. 4

- ❑ **Military spouse employment assistance** — 9 to 11 a.m. (walk-in anytime during these hours); Strom Thurmond Building, Room 223; post a resume before the event at <https://works.org/loginintro.asp>, for more information, call 751-4862
- ❑ **Out-processing** — 3 to 3:30 p.m.; Strom Thurmond Building, Room 222
- ❑ **Child safety class** — 5 to 7 p.m.; 5614 Hood Street, Classroom 10; for more information, call 751-6325

TUESDAY, NOV. 5

- ❑ **In-processing/re-entry brief** — 7:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **Out-processing** — 3 to 3:30 p.m.; Strom Thurmond Building, Room 222
- ❑ **English as a second language class** — 5:30 to 8 p.m.; 2612 Covenant Road, call 343-2935

WEDNESDAY, NOV. 6

- ❑ **Job searching strategies for military spouses** — 8:30 a.m. to noon; Strom Thurmond Building, Room 222; to register, call 751-4862
- ❑ **OB maternity briefing** — 9 to 9:15 a.m.; Moncrief Army Community Hospital, Room 8-85; for more information, call 751-9035/6325
- ❑ **Post newcomers' orientation** — 9 to 11 a.m.; Post Conference Room; for more information, call 751-1124/9770
- ❑ **FRG leadership and treasurer/funds control/fundraising training** — 9 a.m. to 1 p.m.; Family Readiness Center; call 751-7220 for more information and to register
- ❑ **Bright Honeybee Explorers play group** — 10 to 11:30 a.m.; call 751-9035/6325 for location
- ❑ **Out-processing** — 3 to 3:30 p.m.; Strom Thurmond Building, Room 222

THURSDAY, NOV. 7

- ❑ **In-processing/re-entry brief** — 7:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **Instructor-led computer training — introduction to MS Excel** — 9 a.m. to noon; for more information and to register, call 751-4862
- ❑ **Phase II Levy overseas brief** — 10 to 11 a.m.; Strom Thurmond Building; Room 222
- ❑ **Stateside Levy brief** — 11 a.m. to noon; Strom Thurmond Building; Room 222
- ❑ **English as a second language class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222; to register, call 751-1124
- ❑ **Out-processing** — 3 to 3:30 p.m.; Strom Thurmond Building, Room 222
- ❑ **English as a second language class** — 5:30 to 8 p.m.; 2612 Covenant Road, call 343-2935

TUESDAY, NOV. 12

- ❑ **In-processing/re-entry brief** — 7:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **Out-processing** — 3 to 3:30 p.m.; Strom Thurmond Building, Room 222
- ❑ **English as a second language class** — 5:30 to 8 p.m.; 2612 Covenant Road, call 343-2935

WEDNESDAY, NOV. 13

- ❑ **OB maternity briefing** — 9 to 9:15 a.m.; Moncrief Army Community Hospital, Room 8-85; for more

information, call 751-9035/6325

- ❑ **Resume writing/interviewing skills workshop** — 9 a.m. to noon; Strom Thurmond Building, Room 222; call 751-4862 to register
- ❑ **Bright Honeybee Explorers play group** — 10 to 11:30 a.m.; call 751-9035/6325 for location
- ❑ **Out-processing** — 3 to 3:30 p.m.; Strom Thurmond Building, Room 222

THURSDAY, NOV. 14

- ❑ **In-processing/re-entry brief** — 7:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **Instructor-led computer training — intermediate MS PowerPoint** — 9 a.m. to noon; for more information and to register, call 751-4862
- ❑ **Phase II Levy overseas brief** — 10 to 11 a.m.; Strom Thurmond Building; Room 222
- ❑ **Stateside Levy brief** — 11 a.m. to noon; Strom Thurmond Building; Room 222
- ❑ **Stress management class** — 11 a.m. to noon; 5614 Hood St., Classroom 10; for more information, call 751-6325
- ❑ **English as a second language class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222; to register, call 751-1124
- ❑ **Out-processing** — 3 to 3:30 p.m.; Strom Thurmond Building, Room 222
- ❑ **EFMP support group meeting** — 5 to 6:30 p.m.; 5614 Hood St., Classroom 10; call 751-5256 to RSVP
- ❑ **English as a second language class** — 5:30 to 8 p.m.; 2612 Covenant Road, call 343-2935

MONDAY, NOV. 18

- ❑ **Military spouse employment assistance** — 9 a.m. to 1 p.m. (walk-in anytime during these hours); Strom Thurmond Building, Room 223; post a resume before the event at <https://works.org/loginintro.asp>, for more information, call 751-4862
- ❑ **Out-processing** — 3 to 3:30 p.m.; Strom Thurmond Building, Room 222
- ❑ **Child safety class** — 5 to 7 p.m.; 5614 Hood St., Classroom 10; to register, call 751-6325.
- ❑ **Her War, Her Voice support group** — 6:15 p.m.; Family Readiness Center; gratitude journaling with Cassie Premo Steele; call 751-7220/7352 to register

TUESDAY, NOV. 19

- ❑ **In-processing/re-entry brief** — 7:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **Out-processing** — 3 to 3:30 p.m.; Strom Thurmond Building, Room 222
- ❑ **English as a second language class** — 5:30 to 8 p.m.; 2612 Covenant Road, call 343-2935

WEDNESDAY, NOV. 20

- ❑ **Job searching strategies for military spouses** — 8:30 a.m. to noon; Strom Thurmond Building, Room 222; to register, call 751-4862
- ❑ **Financial readiness for first-term Soldiers** — 8:30 a.m. to 4:30 p.m.; Education Center, Room B206
- ❑ **OB maternity briefing** — 9 to 9:15 a.m.; Moncrief Army Community Hospital, Room 8-85; for more information, call 751-9035/6325
- ❑ **Bright Honeybee Explorers play group** — 10 to 11:30 a.m.; call 751-9035/6325 for location
- ❑ **Out-processing** — 3 to 3:30 p.m.; Strom Thurmond Building, Room 222

THURSDAY, NOV. 21

- ❑ **In-processing/re-entry brief** — 7:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **Financial planning for initial PCS move** — 9 to 10:30 a.m.; Education Center, Room B206
- ❑ **Explore careers in the information technology field** — 9 to 11 a.m.; Education Center, Room B-110; to register, call 751-4862.
- ❑ **Phase II Levy overseas brief** — 10 to 11 a.m.; Strom Thurmond Building; Room 222
- ❑ **Anger management class** — 11 a.m. to noon; 5614 Hood St., Classroom 10; for more information, call 751-6325
- ❑ **Stateside Levy brief** — 11 a.m. to noon; Strom Thurmond Building; Room 222
- ❑ **English as a second language class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222; to register, call 751-1124
- ❑ **Out-processing** — 3 to 3:30 p.m.; Strom Thurmond Building, Room 222
- ❑ **English as a second language class** — 5:30 to 8 p.m.; 2612 Covenant Road, call 343-2935

FRIDAY, NOV. 22

- ❑ **Steps to federal employment for military spouses** — 9 to 11:30 a.m.; to register, call 751-4862
- ❑ **2013 Fort Jackson Family of the Year ceremony** — 4 p.m., Solomon Center

SATURDAY, NOV. 23

- ❑ **EFMP bowling outing** — 11 a.m. to 12:30 p.m.; Century Lanes; call 751-5256 to RSVP

MONDAY, NOV. 25

- ❑ **Out-processing** — 3 to 3:30 p.m.; Strom Thurmond Building, Room 222

TUESDAY, NOV. 26

- ❑ **In-processing/re-entry brief** — 7:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **Out-processing** — 3 to 3:30 p.m.; Strom Thurmond Building, Room 222
- ❑ **English as a second language class** — 5:30 to 8 p.m.; 2612 Covenant Road, call 343-2935

WEDNESDAY, NOV. 27

- ❑ **OB maternity briefing** — 9 to 9:15 a.m.; Moncrief Army Community Hospital, Room 8-85; for more information, call 751-9035/6325
- ❑ **Bright Honeybee Explorers play group** — 10 to 11:30 a.m.; call 751-9035/6325 for location
- ❑ **Out-processing** — 3 to 3:30 p.m.; Strom Thurmond Building, Room 222

All ACS classes require registration and are subject to change. To register, call 751-5256/4862/6325.

Free child care may be available for events. For more information on child care, call 751-1124.

