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The Fort Jackson Leader



Thursday, October 27, 2011

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On the ball



Photo by SUSANNE KAPPLER

Members of the University of South Carolina men's basketball team practice foot work with military children during a free clinic at C.C. Pinckney Elementary School Oct. 20. In addition to offering the clinic, the team spent the day visiting training sites and meeting with wounded warriors.

Gamecocks visit post for clinic, training

By SUSANNE KAPPLER
Fort Jackson Leader

The University of South Carolina Gamecocks men's basketball team participated in a different kind of team practice during its daylong visit to Fort Jackson Oct. 20.

The players spent the first part of the day participating in training events, following the guidance of 165th Infantry Brigade drill sergeants, before offering a basketball clinic to military children and meeting with wounded warriors.

Head coach Darrin Horn said the visit served a twofold purpose.

"We thought it was a great opportunity for us to be able to do some things to build our team and learn from, literally, the best in the world on what they do in building teams right here on Fort Jackson," Horn said. "And then also to have the opportunity to work with some young people here on the (post) and get them excited about basketball and reach out to the military community a little bit as well."

Junior forward Lakeem Jackson said he got a lot of enjoyment out of the visit, especially working with the children.

"It's great to come into this type of atmosphere right here. It's a different world," Jackson said. "When I was younger,

I didn't have a lot of college guys coming up to me and my friends ... helping us with our fundamentals in basketball. It's a warm feeling inside. I really appreciate doing these things and for the coach to set up these types of things for us."

Staff Sgt. James Gladden, U.S. Army Chaplain Center and School, whose two sons, 9 and 5, participated in the clinic, said he appreciated the team visit, especially so close to the start of the college basketball season.

"They sacrificed a lot of time to come out and spend time with the kids on post,"

See **BASKETBALL:** Page 8

Post to celebrate Native American heritage

In November, we will be recognizing the historical contributions of the original people of our land, Native Americans. As in all of our cultural observances, we seek to provide a forum for the sharing of culture, tradition, music, craft, dance and ways of life while also highlighting specific contributions to the Army in war and in peacetime.

If you are a history enthusiast, then November should be an ideal month to observe and appreciate the many contributions that Native Americans have made to our nation. From an Army perspective, Native Americans have been making contributions since the first settlers and explorers arrived on the continent.

Native Americans worked alongside the early U.S. Cavalry as scouts. Many American natives were fighting in our wars before they were citizens. In World War I, some 12,000 Native American men and women were among those who served. During World War II, the number of those who served doubled as Native Americans played an instrumental role in encrypting communications with their languages.

Our country has been recognizing Native American contributions since 1916, when the state of New York designated one day to be known as "American Indian

**MAJ. GEN.
JAMES M. MILANO**
*Fort Jackson
Commanding
General*



Day." In 1990, the observance was expanded to run for the entire month of November.

We will host a Native American Heritage Month observance from 11:30 a.m. to 1 p.m., Nov. 18 at the Solomon Center. At cultural celebrations such as these, Soldiers and other Fort Jackson community members have an opportunity to learn about the achievements and contributions made by Native Americans.

The Army always has firmly believed that the strength of our nation comes from the diversity of its people. That's why we believe so strongly that it's important for Soldiers of all different backgrounds to take the time to learn about the contributions of others and

their heritages. Native Americans have distinguished themselves in the past couple of centuries.

In addition to their military accomplishments, Native Americans have become honored scholars, entrepreneurs, spiritual leaders, and have excelled in many more disciplines, too many to mention in the space that is allocated on this page.

Native Americans are no strangers to hardships and adversity, but they have always confronted challenges with courage and have shown us what honor and resiliency really means. As a nation, we owe a great deal to Native Americans, who have added immeasurably to our heritage, guiding our land stewardship policies and demonstrating unparalleled courage.

Native Americans, along with all of our proud members of various heritages, have always served and continue to serve our country proudly. During this upcoming month, each of us needs to take the time to explore some Native American history.

In our Army, we continue to gain the best-qualified Soldiers from all backgrounds, ensuring that every Soldier gets the opportunity to reach his or her potential.

Army Strong and Victory Starts Here!

The Fort Jackson **Leader**

Fort Jackson, South Carolina 29207

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Crafty commander



Photo by JAMES ARROWOOD, command photographer

Maj. Gen. James Milano, Fort Jackson's commanding general, helps a group of girls with a craft project at the Imboden Street School Age Center after the center's ribbon-cutting ceremony last week. The ceremony marked the official opening of that center and the Imboden Street Child Development Center, which is next door.



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.

Post Prescription Take-Back Day set

IMCOM Public Affairs

The culprit behind America's second leading cause of death isn't the result of too many cigarettes or driving recklessly. It's sitting in your bathroom cabinet, kitchen or bedside table, and you may use it every day.

Abuse of prescription drugs, whether codeine from your last root canal or vicodin for persistent back pain, stands as the second leading cause of accidental death in America. It ranks second behind marijuana as the nation's most prevalent illegal drug problem, and more than seven million Americans currently abuse prescription drugs, according to the 2009 Substance Abuse and Mental Health Administration's National Survey on Drug Use and Health.

To help address the problem and foster safe and healthy Army communities, Army installations across the United States are once again partnering with the U.S. Drug Enforcement Agency and state and local law enforcement agencies Saturday in support of the third National Prescription Drug Take-Back Day.

Military installations will provide drop off locations

IF YOU GO

What: National Prescription Take-Back Day

When: 10 a.m. to 2 p.m., Saturday

Where: Main Exchange

Active duty service members, family members, civilian employees and retirees can anonymously turn in any unwanted or expired medications.

for all active duty, family members, civilian employees and retirees to anonymously turn in medications or prescription drugs. Those on Fort Jackson can turn in drugs from 10 a.m. to 2 p.m. at the Main Exchange.

The potential abuse, overdose and environmental issues associated with the incorrect disposal of prescription drugs are serious concerns for the entire country. Unused, unwanted or expired prescription medications are also a public safety issue, leading to accidental poisoning, overdose and a catalyst for drug abuse. Abuse of prescription painkillers ranks second behind marijuana as the nation's most prevalent illegal drug problem.

This event is a prime opportunity to raise community awareness and educate military communities on the dangers of prescription drug abuse and help make military installations a safer place to live and work.

During the most recent National Drug Take-Back Day in April, 38 collection sites at 27 installations collected and disposed of more than 1,200 pounds of unwanted, expired and unused prescription drugs, said Linda Martinez with the IMCOM Headquarters Army Substance Abuse Program.

Throughout the United States approximately 4,000 state and local law enforcement agencies also participated in the previous two National Prescription Drug Take-Back Days. The American public has turned in more than 309 tons of pills and medication during the combined events.

For more information about the National Prescription Drug Take-Back Day or to find a drop-off location, visit the DEA Web site at <http://www.dea.gov/diversion/index.html> or contact the Fort Jackson Army Substance Abuse Program office at 751-5007.

Retirement Review



Photo by JAMES ARROWOOD, command photographer

Retiring Soldiers were honored during a ceremony at Post Headquarters Tuesday. From left, Chief Warrant Officer 4 James Heintzman, Master Sgt. Dennis McCarter, Master Sgt. Roderick Bond, Sgt. 1st Class Christopher Ceman, Sgt. 1st Class Wanda Dessow, Sgt. 1st Class Edward Saddler Jr., Sgt. 1st Class Virgil Thomas, Sgt. 1st Class Benjamin Trescott, Sgt. 1st Class Latarnya Whitmire, Staff Sgt. Phillip Pace and Staff Sgt. Johnny Williams.



We've moved!

Email story ideas and announcements to the Fort Jackson Leader at FJLeader@gmail.com.

Housing Happenings

COMMUNITY UPDATES

- ❑ All housing offices will close at 11:30 a.m., Friday for an organizational day. The offices will reopen Monday. For emergencies during this time, call 338-4809. Balfour Beatty offices will remain open.
- ❑ A part of Imboden Street will be limited to one lane of traffic from 8 a.m. to 4 p.m., Nov. 11 for paving. Flagmen will be in place to ensure traffic control.
- ❑ On-post housing trick-or-treating is scheduled for 6 to 8:30 p.m., Monday. Children and parents should wear reflective items as a precaution. Community members may pick up a glow necklace and candy at the Community Center from 6 to 8 p.m.
- ❑ Decorate your house by today to be judged as the best Halloween decorations in housing. The winner, who will be announced Oct. 28, will receive a gift card.
- ❑ Showcase your carving skills by entering the housing pumpkin carving contest. Call the Community Management Office at 738-8275 and a staff member will come by to take a photo of your entry. All entries must be received by today. The winner will be announced Friday.
- ❑ Residents who refer someone to move on post are eligible to receive \$200.
- ❑ Residents must obey the 20 mph speed limit in housing and be mindful of the music volume in vehicles.
- ❑ Prorated rent for October is available for the senior NCO areas. For more details, call 738-8275.

CONSTRUCTION UPDATES

- ❑ To date, 512 homes have been completed.
- ❑ A total of 916 homes have been demolished to date.
- ❑ Construction is in the final stages in the vicinity of Hunt, Hartley and Thomas courts.



Friday, Oct. 28 — 4 p.m. Coraline	PG
Friday, Oct. 28 — 7 p.m. Straw Dogs	PG-13
Saturday, Oct. 29 — 4 p.m. Contagion	PG-13
Sunday, Oct. 30 — 2 p.m. I Don't Know How She Does It	PG-13
Wednesday, Nov. 2 — 1 p.m. I Don't Know How She Does It	PG-13
Wednesday, Nov. 2 — 4 p.m. Contagion	PG-13

Adults: \$4.50
Children (12 and younger): \$2.25

Visit www.aafes.com for listings.

AAFES top enlisted adviser visits Fort Jackson Exchange

AAFES Public Affairs

The senior enlisted adviser for the Army & Air Force Exchange Service visited Fort Jackson last week.

During his visit, Air Force Chief Master Sgt. Jeffry Helm met with post leadership, toured Exchange facilities, met with employees and addressed Exchange-related issues here.

The Exchange is a joint military command with a retail mission to provide quality products, services and food to service members, their families, Reserve and Guard members, plus military retirees. Exchange sales generate earnings to supplement Army Family and Morale, Welfare and Recreation activities as well as Air Force Services programs.

Helm is one of 72 active duty service

members assigned to Exchange to carry out this mission. The Exchange employs more than 43,000 civilian associates worldwide.

"For every dollar earned, 67 cents comes back to the military community from the MWR dividend. Last year, Fort Jackson got more than \$2,058,000, so shopping at the Exchange is a win-win," Helm said. "You get great products at a great price and your money comes back to the installation through the dividend."

Helm also met with customers, Exchange associates, leadership and answered Exchange questions and concerns.

"Part of my job as the senior enlisted



HELM

adviser is to visit military installations around the world and find out what Exchange can do to better to serve its customers and fix existing problems," Helm said. "Also educating our customers on the Exchange benefit is the most important part of my job. Our goal is to be your No. 1 choice for retail shopping. You can go anywhere to purchase an iPod or a TV, but when you buy from the Exchange, that's money going back to support our troops."

For more information about the Exchange and Exchange programs, visit www.shopmyexchange.com.

Executive action creates jobs for vets

By **SGT. 1ST CLASS TYRONE C. MARSHALL JR.**
American Forces Press Service

WASHINGTON — President Barack Obama is using executive action to create new jobs for veterans in support of the American Jobs Act bill, a senior White House official said this week during a conference call.

"I think all Americans can agree that veterans shouldn't have to fight for a job once they've come home from the fight overseas," said Matt Flavin, director of the White House Veterans, Military Families and Wounded Warrior Task Force. "But we've seen from the unemployment numbers, especially for post-9/11 veterans, that the case is too many of our veterans are having to (fight) that fight."

Flavin cited the president's request for the private sector to hire and train 100,000 military veterans and spouses as the catalyst for new hiring initiatives. "We're making good progress on that," he said. "I think most of you probably saw last week the first lady announced that the American Logistics Association and their 270 affiliated companies committed to hiring 25,000 veterans and military spouses by the end of 2013.

"We'll continue to do this private-sector work," he continued. "We'll continue to work with our partners in the private sector, the nonprofit space, as well as the veterans' groups and the military service organizations."

One of two new hiring initiatives introduced to help increase opportunities for vets comes via community health centers.

"The Health Resources and Services Administration supports a network of community health centers that deliver high-quality primary care services at more than 8,000 service delivery sites across the nation," said Mary Wakefield, administrator of the Health Resources and Services Administration.

"Today we're challenging those health centers to hire

8,000 veterans — that's approximately one veteran per health center site — over the next three years."

Wakefield said with the support of the jobs legislation, health centers have added new full-time positions since 2009. "In fact, community health centers have added more than 18,600 new full-time positions in many of the nation's most economically distressed communities," she said. "Just last year, ... health centers employed more than 131,000 staff."

Wakefield also discussed another new initiative to assist with veteran hirings.

"We are working to speed up the process of training military medics to become physician assistants," she said. "Nearly \$45 million has been invested to support accredited physician assistant training programs in the past two years."

Wakefield said 57 active physician assistant training grants are available through HRSA. "Going forward, we'll be giving priority in physician assistant grant awards to universities and to colleges that help to credential veterans," she added.

Tom Van Coverden, president of the National Association of Community Health Centers, said his organization embraces the initiatives fully and stands ready to serve.

"Our community health centers already employ many, many veterans, from entry level staff to clinicians, all the way from doctors and dentists to administrative staff to nurses to network leaders," he said.

Van Coverden cited attention to detail, administrative and technical skills in the use of technology, and life-saving skills as tools veterans bring to the table. He also lauded vets as "great employees" who are well-trained and bring real real-world experience.

"I think that there's a deep and a rich history of the community commitment," Van Coverden said. "The community health center ... is a natural setting for those who really care about service."



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News and Notes

SMA OFFERS SCHOLARSHIP

The Fort Jackson Sergeants Major Association is taking applications for a \$500 scholarship for the Spring semester. Those eligible to apply are: any noncommissioned officer currently assigned to Fort Jackson and his or her immediate dependents (i.e., spouse, child, stepchild, etc.); any member of the Sergeants Major Association and his or her dependents. Email Michele.Marsden@us.army.mil for an application packet. Applications must be received by Dec. 1.

HOLIDAY MAIL DEADLINES SET

The Military Postal Service Agency has set the following deadlines for holiday mail being sent to APO/FPS addresses:

- Parcel post — Nov. 13
- Space available — Nov. 28
- Parcel-airlift — Dec. 4
- Priority and first-class letters or cards — Dec. 11.

The Postal Service's free Military Care Kits are also available. Each kit contains six Priority Mail flat rate boxes, six customs forms, six Priority address labels and one roll of military tape. Call 1-800-610-8734 to order a kit.

NOVEMBER FLU SHOTS TO START

Seasonal flu shots are available to eligible beneficiaries 4 and older. Dates and times vary. The schedule for **Room 6-67 at Moncrief Army Community Hospital** is as follows: Vaccinations will be given 8 a.m. to 4 p.m., Nov. 1, 3, 8, 10, 23. Vaccinations will be given 8 a.m. to 8 p.m., Nov. 2, 9, 16, 30. The vaccination schedule for the **Main PX** is 10 a.m. to 2 p.m., Nov. 4 and 18. The schedule for the **Solomon Center** is 8 a.m. to 3:30 p.m., Nov. 7, 21 and 28. The schedule for the **Commissary** is 10 a.m. to 2 p.m., Nov. 15, 17, 22 and 29.

Children 3 and younger may be vaccinated at the Family Health Clinic on a walk-in basis.

CONSTRUCTION UPDATE

The main entrance road to Moncrief Army Community Hospital off Marion Avenue is closed because of construction. When exiting the ground floor parking lots, turn left onto Stuart Street and proceed to Hill Street.

GATE 4 PROCEDURES CHANGE

Gate 4 is open only to inbound traffic from 6 to 10 a.m., Wednesdays and Thursdays. During these times, motorists will not be able to exit the installation through Gate 4.

GATE 1 SHOP CHANGES HOURS

The Gate 1 Express (formerly called the Shoppette) is now open from 7 a.m. to 6 p.m., Monday through Friday and from 10 a.m. to 6 p.m., Saturday and Sunday.

APHN: Don't shake your baby

By **CAPT. DAISY WILSON**
Army Public Health Nursing

You knew your baby would cry. But picture yourself up for the 10th night in a row with a crying, inconsolable infant. The baby isn't sick, wet, cold or hungry.

Did you know how frustrating that crying could be when you have tried everything to comfort your baby and the baby keeps crying?

Dealing with a crying baby can be very hard, and parents often don't realize just how frustrating it is until they are in a stressful situation. After feeling very inadequate, sleep deprived and resentful, the caregiver grabs the infant and shakes.

No one thinks he or she will shake an infant but research shows crying as the No. 1 trigger leading caregivers to violently shake and injure babies. Parents and caregivers need to know and understand the dangers of shaking and how this abuse usually occurs out of frustration.

Shaken Baby Syndrome is the term used to describe the injuries sustained from be-

ing violently shaken. SBS occurs most frequently in infants younger than six months, but can also occur up to the age of 3. Shaking a baby, if only for a few seconds, can injure the baby for life.

These injuries can include: bleeding between the brain and the skull; tearing of the child's brain tissue; bleeding along the back layer of the child's eye; or the detachment of the innermost layer of the eyeball. These injuries could lead to blindness, mental retardation, coma or death.

Based on a North Carolina research project published in the Journal of the American Medical Association in August 2003, approximately 1,300 U.S. children experience severe or fatal head trauma from child abuse every year.

About 70 percent of the perpetrators in SBS cases are men, and are usually the father of the victim or the mother's boyfriend. Any person who gets frustrated can shake a child to death. There are also many cases of

mothers, grandparents, child care providers and babysitters who have seriously injured a child by shaking.

Education is the key component in decreasing the incidence of SBS. It is estimated that 25-50 percent of parents and caregivers aren't aware of the effects of shaking a baby.

Saying, "Don't shake a baby," is not enough. Parents should share the message of the dangers of shaking with all who care for their infant, including spouses, their own parents, siblings, day care providers and others. A plan of action or suggestions to deal with the situation should be offered.

Many programs have been designed and proven effective include hospital-based programs for parents of new babies, programs for dads called Dad 101, and public educational campaigns. The program, called "Period of PURPLE Crying" is designed to help parents and care givers understand that crying is normal, even when it goes for long periods of time. Parents and other care providers need assurance that allowing a baby to cry is OK if all the baby's needs have been met.

Understanding crying as a normal and healthy part of infancy can greatly reduce the stress in anyone who cares for a child. No baby has ever died from crying.



Fort Jackson AFAP to start Thursday

Special to the Leader

Fort Jackson's annual Army Family Action Plan Conference is scheduled to begin Thursday at the Officers' Club. The two-day conference will bring approximately 35 delegates from all sections of the Fort Jackson community together with subject matter experts and AFAP staff to review community issues.

This year's delegates will identify the community's top issues, which were submitted to AFAP by community members. Those issues will then be briefed to the garrison commander and commanding general.

Veronica Jackson-Patrick, AFAP manager, said the program ultimately leads to better quality of life for all Fort Jackson's community members.

"An AFAP workgroup is not a gripe session. It is a productive forum that lets Army leadership know what is wrong

but, most importantly, (provide) creative input on what we think will fix the problem," she said.

She added, "I often hear people say, 'We can't do that, that's the way it is or it's standard policy.' The very intent of AFAP is to bring about changes in law or Army policy."

Those issues identified as critical by local delegates that cannot be resolved at the local level are submitted to mid-level (TRADOC) and subsequently to the Army Headquarters.

The 25-year-old AFAP has resulted in 124 legislative changes, 176 DoD or Army policy changes, and 195 improved programs or services/funding.

Some initiatives/policies as a result of AFAP include: increase in Servicemembers' Group Life Insurance to \$400,000, transfer of GI Bill benefits to dependants, paternity leave for military fathers, standardized ID card for families of Reservists and authorization of the Thrift Savings Plan.

Leader deadlines

Article submissions are due two weeks before publication. For example, an article for the Nov. 10 Leader must be submitted by today.

Announcement submissions are due one week before publication. For example, an

announcement for the Nov. 10 Leader must be submitted by Nov. 3.

Send your submissions to FJLeader@gmail.com, or call 751-7045.





U.S. Army Photo

The Army's new Progressive Training Model, which went into effect fiscal year 2012, is mandatory training aimed at creating safer motorcyclists.

Army motorcycle training gets upgrade

By ART POWELL

U.S. Army Combat Readiness/Safety Center

New training requirements for Army motorcyclists went into effect in fiscal year 2012, and failure to comply could lead to the loss of on-post riding privileges.

The Progressive Training Model is now mandatory for all Soldiers who ride motorcycles on or off post. The new requirements include completion of the Military Sport Bike Rider Course or Experienced Rider Course within 12 months of graduation from the Basic Rider Course, followed by sustainment training every three years and refresher training after every 180 days or greater deployed.

"Getting into training like this gives me the opportunity to learn more about safe riding, and how to get out of various situations I might find on the road," said Maj. Henry Washington, accident investigator with the U.S. Army Combat Readiness/Safety Center in Fort Rucker, Ala. "We need to complete motorcycle training to get our state driver's license, as well as complete the military training requirements.

"Working at the Safety Center, we see too many reports of deadly motorcycle accidents, and it's the job of all leaders

to make sure our Soldiers get this motorcycle training and understand how important it is," he added.

Army safety officials urged leaders to ensure Soldiers are aware of updated requirements in Army Regulation 385-10 and enforce the new standard with their riders.

In addition to the progressive motorcycle training, the Army also has instituted a new remedial driver training program.

"I began riding when I was young, then stopped for riding for about 20 years," said Bruce Dinoff, lead instructor with Cape Fox Government Services, which provides the Army traffic safety training program. "When I started riding again, I learned I needed training."

Dinoff, a certified instructor, provides various motorcycle training courses to Soldiers at Fort Rucker.

"I want these riders to get comfortable on their bikes," he said, adding, "Improper braking and improper cornering are the two biggest problems I find experienced riders face."

While cornering and braking may seem like basic skills, Dinoff knows complacency has a vote, too.

"You have to practice your emergency skills, because if you don't use it, you lose it," he explained.

Master Sgt. John Collins, USACR/Safety Center op-

erations non-commissioned officer in charge, has 25 to 30 years of riding experience.

"I'm comfortable I know what I'm doing when I'm riding a bike, but I also know I need refresher training," he said. "I started out riding sport bikes, now I'm on an Ultra-Classic Harley, so, every time I switch bikes, and don't ride that much, my skill level drops."

For one member of the Driving Task Force at the USACR/Safety Center, "getting rusty" can happen to both a bike and the rider.

"Being more confident comes with re-exercising what we know, but we have let it get rusty. Riders must understand ... that regardless of being a rider or rider coach we all develop bad habits over time," said Earnest Eakins, off-duty safety manager, Driving Task Force. "The goal of progressive training is to keep that in mind. None of us like a test, but progressive training will force us to take another course, including a test to keep riding."

Progressive Motorcycle Training is similar to the Army physical training test, he added.

"If we keep our skills fresh rather than fire once and forget, the butterflies will be fewer, we will think about our training more often, and as a result, be safer."

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Like us on Facebook. Log on to your account and search for "Fort Jackson Leader."

Basketball players learn teamwork, Army style

Continued from Page 1

Gladden said.

Horn said the clinic was a way to show the team's appreciation for the military.

"We appreciate what (our troops) do. We're grateful for the sacrifice that they make and, even though it goes unnoticed a lot, they're not forgotten," Horn said. "We want them to be a part of what we're doing right here in Columbia. It seems like Fort Jackson is kind of its own little city. It's got everything that it needs. But it's also part of our Columbia community, and, we think, our University of South Carolina community. We want them to be a part of our program and want them to know that we support them and then, hopefully, they're going to support us as well."

One of the training events the players participated in was the Team Development Course.

"I thought it was great. Our guys had a lot of fun doing it, but I think more than that, they learned a lot. Our purpose was really to come out and build team. ... I think we definitely accomplished that," Horn said.

Freshman forward Anthony Gill, who said he had never been on a military installation before, said the events gave him a glimpse of what Basic Combat Training is like.

"It was fun. It was tough at first," Gill said. "(The drill sergeants) came out and started yelling at us like we were actually there, participating in the military (training). That was pretty cool to experience."

Col. Odie Sheffield, commander of the 165th Infantry Brigade, said the team's visit gave the Soldiers the opportunity to demonstrate what they do.

"It's been a fantastic day. We showed them what the life of a Soldier is like. They've kind of experienced that now," Sheffield said. "And they gave back to us with a little fan fest for the children in the neighborhood, so it's been fantastic."

Susanne.Kappler1@us.army.mil



Photos by SUSANNE KAPPLER

Anthony Gill, a freshman forward from Charlotte, N.C., slaps hands with participants of the youth basketball clinic as he takes the court. Gill is a member of the University of South Carolina Gamecocks men's basketball team, which visited Fort Jackson Oct. 20 for a day of events.



Gamecocks basketball players attempt to evacuate a "casualty" at the Team Development Course Oct. 20. The players had to move the dummy, some equipment and each team member from one platform to another without touching the ground between or the white ramps leading up to the platforms. In addition to the Team Development Course, the players also visited Wanat Range, where they were welcomed into the Army and outfitted in full battle gear.

Calendar

Friday

BOSS Halloween party

6 to 10 p.m., Alpine Lodge at Heise Pond
The event is free and open to all. Wearing costumes is encouraged. Light refreshments and food will be provided.

Wednesday, Nov. 9

Retired Officers' Wives Club luncheon

11:30 a.m., Officers' Club
RSVP is required by Nov. 4. For more information, call 788-1094 or 783-1220.

Housing events

All events are held in the Community Center, 520 Brown Ave., unless otherwise specified. Call 738-8275 for information.

Tuesday through Nov. 27

Turkey coloring contest

Pick up your coloring sheet at the Community Center. Entries will be displayed in the Community Center. Each sheet is entered into a raffle for a gift card. To receive a coloring sheet by email, send your request to ayoungblood@bbcgrp.com.

Announcements

MILITARY MOPS GROUP STARTED

Mothers of Preschoolers, or MOPS, is soliciting military moms to join its newest chapter in Columbia. The group meets 10 a.m. to noon, the 2nd and 4th Thursdays of each month, at Northeast United Methodist Church, 4000 Hard Scrabble Road. Visit www.mops.org for more information.

SPOUSE ASSISTANCE CHANGES

Effective with the academic year 2012/2013, Army Emergency Relief will consolidate its overseas and stateside spouses education assistance programs. All spouses will be allowed to attend school part-time or full-time. Funding will be available for fall and spring semesters only. Other changes include minimum

credit hour requirements, scholarship eligibility and a modified overseas application process. For more information, call 751-5256 or email education@aerhq.org.

CHANGE IN HOURS

The Personal Property Office will change its hours of operations for walk-in services starting Tuesday. The new office hours are: 7:30 a.m. to 4 p.m., Mondays, Wednesdays and Fridays; 7:30 a.m. to 4 p.m. (limited services from noon to 4 p.m.); Tuesdays; 7:30 a.m. to noon, Thursdays. For more information or in case of emergencies, call 751-5137/5138.

RECLAMATION SALE

A military clothing reclamation sale is scheduled from 8 a.m. to 3 p.m., Tuesday and Wednesday at 2570 Warehouse Row. The sale is cash only and is open to service members and military retirees. For more information, call 751-7213.

BOSS FOOD DRIVE

Better Opportunities for Single Soldiers will conduct a food drive Tuesday through Nov. 18. For more information, call 751-1148.

SCHOLARSHIP OFFER

The Council of Colleges and Military Educators is awarding 10 scholarships, five to active-duty service members, five to military spouses. The deadline to apply is Tuesday. For more information, visit www.ccmeonline.org/scholarships.aspx.

NOMINATIONS SOUGHT

The Marine Corps Heritage Foundation is accepting nominations for people who portrayed or recognized aspects of Marine life, culture, history or work. For more information, visit www.marineheritage.org/awards.asp.

HOLIDAY EXTRAVAGANZA

The Victory Chapter Sergeants Major Association 2011 Holiday Extravaganza is scheduled for 6 p.m., Dec. 17 at the NCO Club. Tickets cost \$25. For more information, call (919) 605-4283.

SKIES TRANSPORTATION

SKIES Unlimited is offering on-post

transportation to classes for children who attend Child Youth and School Services child care facilities on post. For more information, call 751-6777.

DPW ONLINE SERVICE ORDERS

The Directorate of Public Works online service order system is only available to users who have completed the DoD Enterprise Email migration. Service orders can also be requested by calling 751-7684 or by calling the emergency service hotline at 562-3637.

DHR TRAINING CLOSURES

Some Directorate of Human Resource offices will be closed for training on the third Tuesday of each month. Prior to closing each month, a list will be available indicating which activity will be closed that month for training.

VETERANS DAY BALL

The 171st Infantry Brigade will host its fifth annual Veterans Day ball at 6 p.m., Nov. 4 at the Medallion Center. Tickets cost \$25. For more information, call 751-3311/7110/6253.

THRIFT SHOP NEWS

Starting Tuesday, children can participate in a monthlong scavenger hunt. Instructions are available at the Thrift Shop.

The Thrift Shop is raffling off a Christmas basket each Wednesday after 1 p.m.

The Thrift Shop will be closed for Thanksgiving starting Nov. 22. The store will reopen Nov. 29.

The Thrift Shop will accept Thanksgiving items through Nov. 10 and Christmas items through Dec. 15.

The Thrift Shop will award \$2 coupons off any item every other week to customers who wear college colors.

The Thrift Shop's Cinderella Project has free ball gowns for sergeants and below and spouses of active-duty sergeants and below.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events. Community announcements may be edited to comply with Leader style and Public Affairs regulations.

Off-post events

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

CAR AND BIKE SHOW

The Sergeant Audie Murphy Club is hosting a car and bike show from 2 to 5 p.m., Sunday at 7711 Two Notch Road. Registration starts at 1 p.m.

SERVICE HONORING VETERANS

Life Springs Worship Center has scheduled a service honoring veterans for 7 p.m., Nov. 11. The guest speaker is retired Lt. Gen. William "Jerry" Boykin. Life Springs Worship Center is located at 5630 Platt Springs Road, Lexington.

VETERANS JOB/EDUCATION EXPO

The Hiring Our Heroes/Recruit Military Veteran Opportunity Expo is scheduled from 11 a.m. to 3 p.m., Nov. 17 at The Speedway Club at Charlotte Motor Speedway (5555 Concord Parway South). For more information, visit www.recruitmilitary.com.

2ND DIVISION SOLDIERS SOUGHT

The Second (Indianhead) Division Association is looking for Soldiers who served in the 2nd Infantry Division. The association is planning a reunion in August. For more information, visit www.2ida.org or email 2idahq@comcast.net.

SUBMISSION GUIDELINES

Send all submissions to FJLeader@gmail.com. For more information, call 751-7045.

For information about classified advertising, contact Camden Media Co. at 432-6157. Classified ads may also be faxed to 432-7609.

For information about display advertising, contact Kathy at 786-5681.

The Leader welcomes letters to the editor. All letters should include the name and hometown of the writer. Letters should also include a phone number for verification purposes.



Follow the Leader on Twitter
at www.twitter.com/fortjacksonpao.
Watch Fort Jackson video news stories
and Victory Updates
at <http://www.vimeo.com/user3022628>



Like us on Facebook. Log on to your account and search for "Fort Jackson Leader."

facebook

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt. Juan Munoz
Company A
3rd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. David Stringer

SOLDIER OF THE CYCLE
Spc. Ahmed Elsobky

HIGH APFT SCORE
Pfc. David Stringer

HIGH BRM
Spc. Ahmed Elsobky
Pfc. Ryan Ruby



Staff Sgt. Salexter Jones
Company B
3rd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Kelsey Davis

SOLDIER OF THE CYCLE
Pfc. Brian Peters

HIGH APFT SCORE
Pfc. Kelsey Davis

HIGH BRM
Pfc. Arthur Tulanowski



Sgt. 1st Class David Minor
Company C
3rd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Alejandro Barturen

SOLDIER OF THE CYCLE
Spc. Jay Eickman

HIGH APFT SCORE
Pfc. Donald Langman

HIGH BRM
Pvt. James Yaughn



Sgt. 1st Class Jesus Villareal
Company D
3rd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Jonathan Gendron

SOLDIER OF THE CYCLE
Pvt. Erin Engelhart

HIGH APFT SCORE
Pvt. Malcom Gurreromonatano

HIGH BRM
Pfc. Derek Carter



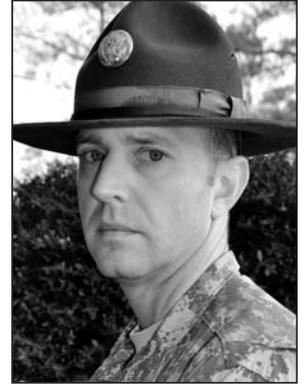
Sgt. Benjamin Grieve
Company E
3rd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Meghan Tedtaotao

SOLDIER OF THE CYCLE
Pfc. Shandin Ashley

HIGH APFT SCORE
Pvt. Matthew Pope

HIGH BRM
Pvt. James Cook



Staff Sgt. William Gray
Company F
3rd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Brett Lampkin

SOLDIER OF THE CYCLE
Pfc. Chelsea Beal

HIGH APFT SCORE
Pvt. Edgardo Caluag

HIGH BRM
Pfc. Ruben Santiago

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT
Capt. Tonya Buckley

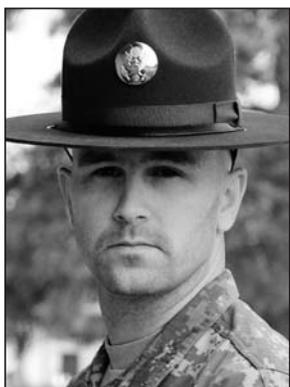
TRAINING SUPPORT
William Craft

SERVICE SUPPORT
Joe Hein

DFAC SUPPORT
Katrina Kennedy

FAMILY SUPPORT
Jenny Fox

Training honors



Staff Sgt. Joshua Bone
Drill sergeant leader of the cycle
Drill Sergeant School



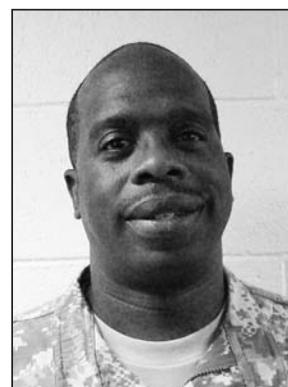
Staff Sgt. Tiffany Chagdes
Distinguished honor graduate, leadership award
Drill Sergeant School



Sgt. Vincent Rivera
Physical fitness award
Drill Sergeant School



Staff Sgt. Christopher Stewart
Cadre of the cycle
187th Ordnance Battalion



Staff Sgt. Gerald Williams
Instructor of the cycle
187th Ordnance Battalion

187TH ORDNANCE BATTALION HONORS

DISTINGUISHED HONOR GRADUATES

Pfc. Jose Benavides
Pvt. Kail Riveria

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Article submissions are due two weeks before publication.

For example, an article for the Nov. 10 Leader must be submitted by today.

Announcement submissions are due one week

before publication.

For example, an announcement for the Nov. 10 Leader must be submitted by Nov. 3.

Send your submissions to FJLeader@gmail.com.

For more information, call 751-7045.



ACS Calendar of Events — November

TUESDAY, NOV. 1

- ☐ **Career exploration workshop: Complete an on-line career assessment** — 9 to 11:30 a.m., Education Center, Room B-110
- ☐ **English as a second language class** — 5 to 7 p.m.; Main Post Library
- ☐ **Parenting class** — 5:30 to 6:30 p.m.; Youth Center; systematic training class for effective parenting; certificate of attendance provided at conclusion

WEDNESDAY, NOV. 2

- ☐ **Job searching strategies** — 8:30 a.m. to noon; Strom Thurmond Building, Room 222
- ☐ **Post newcomer orientation/tour** — 9 to 11:30 a.m.; Post Conference Room
- ☐ **Bright Honeybee Explorers play group** — 10 to 11:30 a.m.; call 751-1071/6868 for location
- ☐ **Child safety training** — noon to 2 p.m.; Main Post Chapel
- ☐ **English as a second language class** — 5 to 7 p.m.; Main Post Library

THURSDAY, NOV. 3

- ☐ **Intermediate MS Excel workshop** — 9 to 11:30 a.m.; location to be announced
- ☐ **English as a second language class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222

FRIDAY, NOV. 4

- ☐ **Job prep 101** — 9 to 11:30 a.m., Strom Thurmond Building, Room 222; job searching using the Internet and interviewing techniques

MONDAY, NOV. 7

- ☐ **English as a second language class** — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222
- ☐ **AFTB Level III; evening leadership course** — 4:30 to 7:30 p.m.; Family Readiness Center; through Nov. 10
- ☐ **Child safety training** — 5 to 7 p.m.; 5614 Hood St. classroom

TUESDAY, NOV. 8

- ☐ **Resume writing and interviewing workshop** — 8:30 a.m. to noon, Strom Thurmond Building, Room 222
- ☐ **Resiliency training for families** — 9 a.m. to 2 p.m.; Family Readiness Center; Phase II modules: detect icebergs, real-time resilience, identify strengths in self; call 751-5444 for more information
- ☐ **Parenting class** — 5:30 to 6:30 p.m.; Youth Center; systematic training class for effective parenting; certificate of attendance provided at conclusion
- ☐ **English as a second language class** — 5 to 7 p.m.;

Main Post Library

WEDNESDAY, NOV. 9

- ☐ **Lunch and learn: Explore careers in health care** — noon to 1 p.m.; Strom Thurmond Building, Room 222; to register, call 751-4862.
- ☐ **English as a second language class** — 5 to 7 p.m.; Main Post Library

THURSDAY, NOV. 10

- ☐ **Intermediate PowerPoint workshop** — 9 to 11:30 a.m.; location to be announced
- ☐ **English as a second language class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222
- ☐ **Stress management** — 1 to 2 p.m.; 5614 Hood St. classroom; learn techniques to identify and manage stress

MONDAY, NOV. 14

- ☐ **English as a second language conversation class** — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222

TUESDAY, NOV. 15

- ☐ **Steps to federal employment** — 9 a.m. to noon; Strom Thurmond Building, Room 222
- ☐ **Relocation planning (stateside workshop)** — 10 to 10:45 a.m.; Strom Thurmond Building, Room 213
- ☐ **EFMP bowling** — 3:30 to 5 p.m.; Century Lanes. Call 751-5256 to register; must be enrolled in EFMP
- ☐ **English as a second language class** — 5 to 7 p.m.; Main Post Library

WEDNESDAY, NOV. 16

- ☐ **Job searching strategies** — 8:30 a.m. to noon; Strom Thurmond Building, Room 222
- ☐ **Personal financial readiness for first-term Soldiers** — 8:30 a.m. to 4:30 p.m.; Education Center, Room B206
- ☐ **Bright Honeybee Explorers play group** — 10 to 11:30 a.m.; call 751-1071/6868 for location
- ☐ **Phase II Levy overseas move brief** — 2:30 to 3:30 p.m.; Strom Thurmond Building; Room 213
- ☐ **English as a second language class** — 5 to 7 p.m.; Main Post Library

THURSDAY, NOV. 17

- ☐ **Financial planning for initial PCS and relocation readiness** — 9 to 10:30 a.m.; Education Center, Room 206B; call 751-5256 to RSVP
- ☐ **Intermediate MS Word workshop** — 9 to 11:30 a.m.; location to be announced
- ☐ **Immigration 101 workshop** — 10 a.m. to noon; Strom Thurmond Building, Room 222

- ☐ **Anger management** — 11 a.m. to noon; 5614 Hood St. classroom; learn to identify anger triggers and ways to control the responses
- ☐ **English as a second language class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222
- ☐ **Total Army sponsorship training** — 1:30 to 2:30 p.m.; Strom Thurmond Building, Room 213
- ☐ **Survivor Outreach Services dining out** — 7 to 9 p.m.; Golden Corral on Forest Drive; call 751-4867 to RSVP

FRIDAY, NOV. 18

- ☐ **Fort Jackson Family of the Year ceremony** — 4 p.m.; Solomon Center; call 751-5444 for more information
- ☐ **Dinner with Dad** — 6 to 7:30 p.m.; C.C. Pinckney Elementary School; RSVP required by Nov. 11; call 751-6335 for more information
- ☐ **Foreign born spouses and Hearts Apart Thanksgiving dinner** — 6 to 8 p.m.; RSVP required by Nov. 8; call 751-1124 for more information

MONDAY, NOV. 21

- ☐ **English as a second language conversation class** — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222

WEDNESDAY, NOV. 23

- ☐ **Bright Honeybee Explorers play group** — 10 to 11:30 a.m.; call 751-1071/6868 for location

FRIDAY, NOV. 25

- ☐ **ACS offices are closed**

MONDAY, NOV. 28

- ☐ **English as a second language conversation class** — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222

TUESDAY, NOV. 29

- ☐ **Relocation planning (stateside workshop)** — 10 to 10:30 a.m.; Strom Thurmond Building, Room 213
- ☐ **English as a second language class** — 5 to 7 p.m.; Main Post Library

MONDAY, NOV. 30

- ☐ **Phase II Levy overseas move brief** — 2:30 to 3:30 p.m.; Strom Thurmond Building; Room 213

All ACS classes require registration and are subject to change.

For more information and to register, call 751-5256/4862/6325.



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Coming to our city

Big & Rich performs for Soldiers, civilians on post



Big Kenny of Big & Rich shares a laugh with the crowd. Country music newcomer Eric Paslay performs as the opening act for the duo Big & Rich.



Thousands of Soldiers, civilians and family members were in attendance for Saturday's Big & Rich country music concert at Hilton Field.



Above, country music stars Big Kenny, left, and John Rich, right, are joined by Cowboy Troy, a fellow member of the Muzik Mafia, a Nashville, Tenn.-based group of songwriters. Big & Rich is best known for its hit songs "Save a Horse (Ride a Cowboy)" and "Comin' to your City." Most recently, the musicians have contributed a track to the remake of the movie "Footloose." Left, John Rich shows off the countrified back of his "Flying V" guitar. The two country artists also took time to meet with wounded warriors during their stop at Fort Jackson and signed guitars for Children's Miracle Network.

Photos by DAVID SHOEMAKER, FMWR

CMYK

CMYK

27" WEB-100

FMWR salutes families with free events, special offers

By **THERESA O'HAGAN**
Fort Jackson FMWR

Fort Jackson's Family and Morale, Welfare and Recreation is offering the post's family members an entire month of activities aimed just at them as part of Military Family Appreciation Month.

In 2007, the Army made a promise, better known as the Army Family Covenant, to Soldiers and their families that the Army's support would be commensurate to the sacrifices Soldiers and their families make in their service to the nation. That promise is delivered through quality of life programs, many from FMWR. November has been designated as Military Family Appreciation Month since 2009.

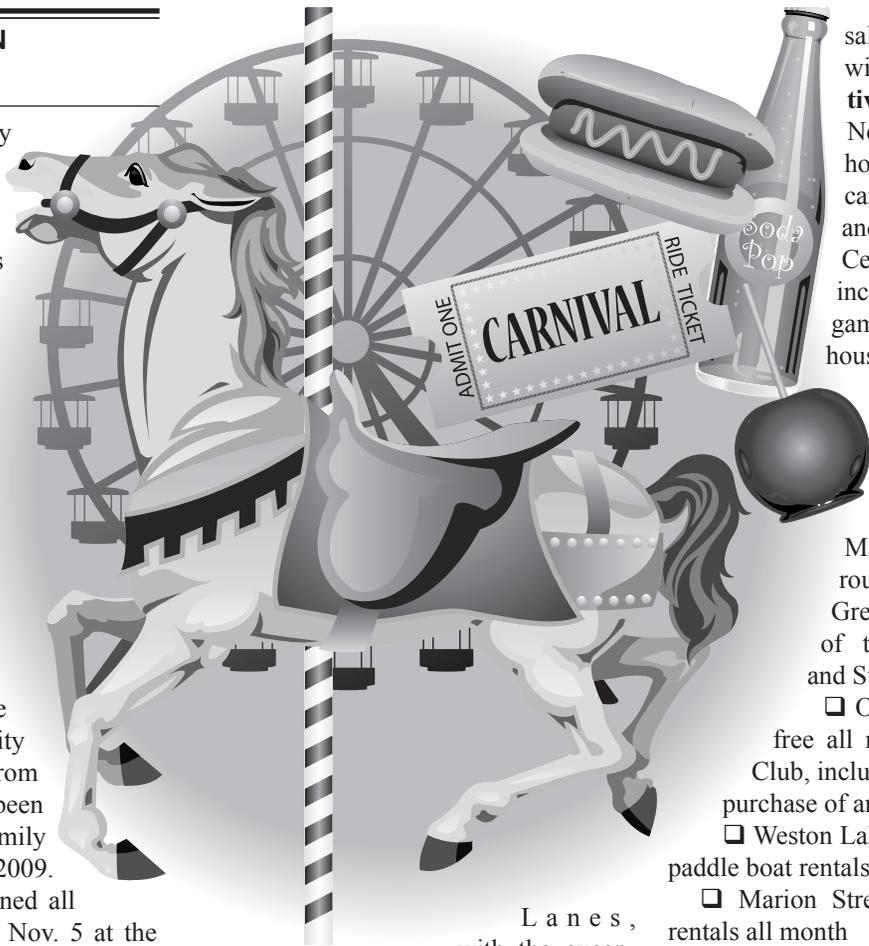
Special events are planned all month and the fun begins Nov. 5 at the Post Library with a **teen book discussion**.

Teens can get together and discuss "Tears of a Tiger" by Sharon Draper at the Thomas Lee Hall Library at 2 p.m. Other library events include National Game Day, a Literary Parade and a Literary Arts and Crafts Competition. Teens who read at least three books on their reading level during November will be entered into a drawing to win the "Hazelwood Trilogy" by Sharon Draper or "The Hunger Games" series by Suzanne Collins.

The entire family can enjoy a **free brunch buffet**, 11 a.m. to 1:30 p.m., Nov. 6 at the NCO Club. Seating is open and limited. Games and face painting will be available for the children. Sunday Brunch has been one of the most widely received events of Military Family Appreciation Month.

Take a break from the holiday preparations and enjoy free pizza, drinks at a **family bingo** event, 4-7 p.m., Nov. 23 at the NCO Club. Win family prizes in friendly, family-paced games of bingo.

Century Lanes is offering **free games of bowling** to all military families all month. Anytime lanes are open at Century



Lanes, with the exception of Family Day and Graduation Day, military families can get one free game of bowling per visit for every member of the family.

"Must places offer BOGO, or Buy One, Get One Free," said John Keegan, chief of FMWR's Marketing Division. "We just want you to GO; go to Century Lanes, buy nothing and get one free."

The offer does not include shoe rentals and is only good at Century Lanes; it does not apply to Ivy Lanes.

Century Lanes is also offering other special events. Century Lanes will offer **colored pin bowling** during the Thanksgiving break. Bowlers who get a strike when the colored pin is in their lane will win family-orientated prizes such as family games, movies, and more. Colored pin bowling will be offered 3-9 p.m., Nov. 25-26, 2-9 p.m., Nov. 27 and 1-8 p.m., Nov. 28.

Celebrate the contributions of military families at the **Annual Families of the Year Recognition Ceremony**, 4 p.m., Nov. 18 at the Solomon Center.

Child Youth and School Services will

salute military families with a **Family Fun Festival**, 10 a.m. to 2 p.m., Nov. 19. Military ID card holders can enjoy free carnival events inside and outside the Solomon Center. The festival will include carnival rides and games, as well as a bounce house, slide and rock wall.

Other money-saving offers from FMWR throughout November include:

- ❑ Palmetto Greens Miniature Golf: Free round of golf at Palmetto Greens for each member of the family, Saturdays and Sundays.

- ❑ Officers' Club: Kids eat free all month at the Officers' Club, including Sundays, with the purchase of an adult meal.

- ❑ Weston Lake: Free daily canoe or paddle boat rentals

- ❑ Marion Street Station: Free bike rentals all month

- ❑ Retail Zone: 25 percent off all purchases at the Retail Zone. (Excludes close-outs and sales)

- ❑ Golf Club: Saturdays and Sundays, Families get unlimited golf and cart after 2 p.m. until close. Adults-\$10, Children-\$5.

- ❑ Fitness: All fitness classes, no matter how many you take, are free in November. Current fitness members will get a free month of their choosing.

Dot Com will be out and about throughout the month, showing her support and appreciation for military families. Spot Dot, get a picture with her and post it either to the Fort Jackson FMWR Facebook page or Dot Com's Facebook page and you could be selected to win cool prizes.

More events are currently being planned and will be announced in the Leader, on Facebook and the FMWR website, www.fortjacksonmwr.com.

"We work for you, every day, of every month," Keegan said. "Military Family Appreciation Month is a golden opportunity to ramp up the fun and support Soldiers and families. You are the reason we're here."

FMWR calendar

THURSDAY

- ❑ Visit **Century Lanes** for food, fun and bowling.

- ❑ **Victory Bingo**, 2 to 11 p.m.

- ❑ Sleepy Storytime at the **Post Library**, 6:30 to 7 p.m. Come in pajamas and go home ready for bed.

- ❑ **Magruder's Pub and Club** happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.

FRIDAY

- ❑ Look what I can do, **Thomas Lee Hall Library**. Call 751-5589 for more information.

- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the seafood buffet.

- ❑ **Victory Bingo**, starts at 2 p.m.

- ❑ Friday Dollar Daze at **Century Lanes**, 6 p.m. Call 751-6138 for more information.

- ❑ Friday night special at **Ivy Lanes**. Games and shoe rentals cost \$2 each, 5 to 10 p.m. Open to all permanent party service members.

- ❑ Dance to a variety of music provided by DJ Randall at **Magruder's Club**, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military. Every other Friday, sing along to Linda's Carraoke Karaoke. Be early for happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.

- ❑ Every Friday is Artistic Expression with Jake at 6:30 p.m. in the Teen Room at the **Youth Services Center**.

SATURDAY

- ❑ Get your ghoulish on at the **NCO Club**. Haunted House, 6-11 p.m., and PG trick-or-treating, 6-8 p.m. Costume contests for men, women and couples will be judged. The club will be giving away more than \$200 in cash prizes. Couples in costume get in free before 10:13 p.m. Doors open at 8:30 p.m. Free buffet will also be available.

- ❑ **Victory Bingo**, starts at 1 p.m.

- ❑ Step Team practice, 2 p.m., dance room at the **Youth Services Center**.

- ❑ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the **NCO Club**. Cover charge is \$5 for civilians and \$3 for military.

SUNDAY

- ❑ Try Hickory Bistro at the **Officers' Club**, 11 a.m. to 1:30 p.m. Get your favorite breakfast or lunch dishes at a new lower price.

- ❑ **Victory Bingo**, starts at 10 a.m.

- ❑ Every Sunday is Family Day at the **Youth Center**, 2-6 p.m.

WEDNESDAY

- ❑ **Magruder's Pub and Club** happy hour, 4:30 to 6:30 p.m. Appetizers are available while they last.

- ❑ Victory Readers Club, 6 to 8 p.m., **Post Library**.

- ❑ **4-H Club** meets 4 to 5 p.m. For grades 1-5. Call 751-1136 for information.



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



Tips offered for clean, healthy teeth

MACH staff report

Dental health is a key element of health. The health of one's mouth impacts overall health and readiness. So, it is always good for people to refresh themselves on basic knowledge of dental health and hygiene.

Which one of the actions below is the most important method for preventing tooth decay?

- Limiting sugary snacks and sweetened drinks
- Brushing and flossing
- Daily use of fluoride toothpaste
- Drinking fluoridated water
- Chewing sugarless gum
- Visiting the dentist at least once a year

All of these measures help prevent tooth decay. Research has shown that brushing with fluoride toothpaste at least twice a day and drinking fluoridated water are the most important. Flossing prevents gingivitis (gum disease), which causes redness and bleeding around the teeth. Chewing sugarless gum made with the natural sugar xylitol, blocks bacteria from producing the acids that cause tooth decay. Seeing a dentist regularly to check for early signs of decay is important. Early tooth decay can be reversed if the teeth are treated with fluoride before the decay sets in too deeply.

Which of these actions are important in preventing gum disease?

- Seeing a dentist regularly
- Regular brushing and flossing of teeth
- Avoiding between-meal snacks and sweetened drinks
- Using fluoride toothpaste or fluoride mouthwash
- Drinking water with fluoride from early childhood

Regular brushing and flossing is important to remove harmful bacteria from the mouth. Seeing a dentist regularly to check the health of your gums so that gum disease can be detected and treated before it causes damage

is important. Research has shown these are both key measures in preventing gum disease.

Which of the following best describes the purpose of dental sealants?

- To prevent gum disease
- To prevent tooth decay
- To hold dentures in place
- To fill cavities
- To improve appearance of teeth

Dental sealants are thin, plastic coatings applied to the grooves and pits on the chewing surfaces of teeth to seal out decay. Dental experts regard placing dental sealants and avoiding between-meal snacks as key measures in preventing tooth decay. Dental sealants are commonly placed on the gums of children to prevent tooth decay.

Tooth decay is the most common chronic disease of childhood. It is almost entirely preventable. Children should use a small-headed toothbrush that fits the size of their mouth. Children ages 2 to 6 years should use a small amount of fluoride toothpaste, the size of a pea, on their toothbrush. Children younger than 2 should not use fluoride toothpaste unless it is approved by a dentist or health care provider. Parents should supervise their child's tooth-brushing until age 6 to ensure the child does not eat the toothpaste or use too much.

Other dental health measures that impact health in-

volve sports and deployment. A key prevention measure

is to use a mouth guard to prevent dental injuries when playing sports.

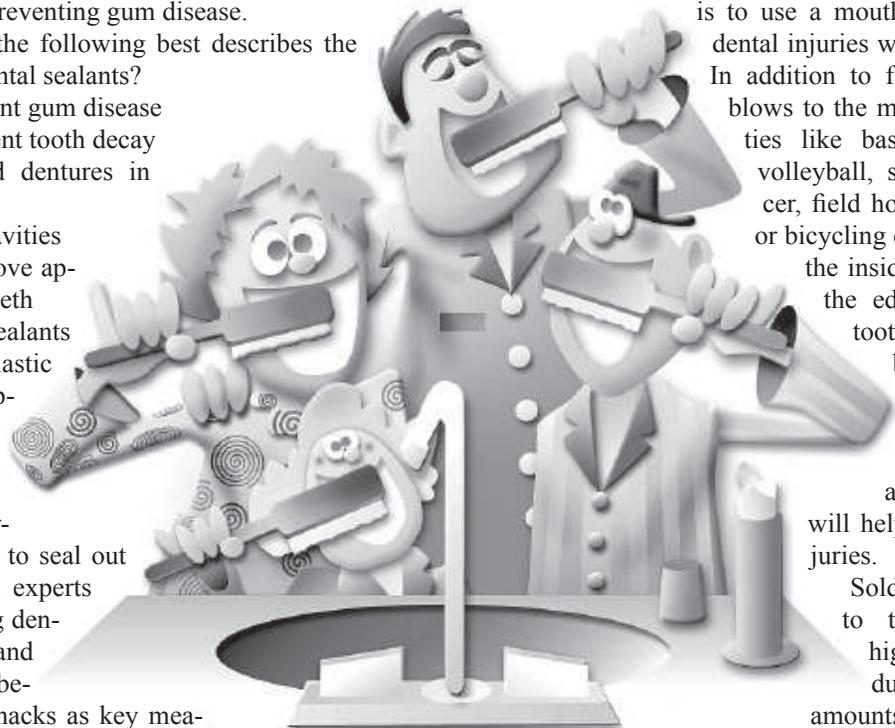
In addition to football and rugby, blows to the mouth during activities like baseball, gymnastics, volleyball, skateboarding, soccer, field hockey, rollerblading or bicycling can result in cuts to the inside of the lips (from the edges of the teeth), tooth nerve damage, breakage or tooth loss. Using a mouth guard that fits snugly and adapts to the teeth will help prevent these injuries.

Soldiers who deploy to the field have a higher risk of decay due to the increased amounts of sugars and

starches in rations. They should brush

at least twice a day with fluoride toothpaste. One can brush without running water by applying toothpaste to a dry brush. Brush all surfaces of the teeth. Spit out the excess toothpaste. Do not rinse after brushing so that the fluoride will stay on longer and protect the surfaces of your teeth. Wait at least 30 minutes after brushing to eat or drink.

We know that tooth decay and gum disease are caused by factors such as diet, hygiene habits and exposure to fluoride. It is important to maintain good dental health to prevent tooth decay and gum disease. Maintain regular tooth brushing and flossing. Have a dental checkup every year. For more information, contact your dental clinic



MACH UPDATES

TRICARE PRIME ENROLLMENT

MACH currently has TRICARE Prime enrollment availability for active duty family members and retirees and their family members. Pediatric enrollment is also available. For more information, visit the TRICARE service center on the 10th floor.

LASIK SURGERY

The MACH Ophthalmology Clinic offers pre-operative screening exams and post-operative care for Laser Refractive Surgery. The service is available to eligible active-duty Soldiers. The surgery will be conducted at Winn Army Community Hospital at Fort Stewart, Ga.

To be eligible, Soldiers must have 18 months left of active-duty service. For more information, call 751-5406.

MEDICAL HOME ENROLLMENT

Moncrief Medical Home continues enrollment to all active duty family member beneficiaries in all zip codes within the Columbia area. Visit the Fort Jackson TRICARE Service Center on the 10th floor of the Moncrief Army Community Hospital and complete the TRICARE Prime Enrollment and PCM change form.

WOMEN'S SUPPORT GROUP

A support group for family members of Soldiers dealing with substance abuse, post-traumatic stress disorder and conflicts meets 5 p.m., every Wednesday in Room 7-90 of Moncrief Army Community Hospital. The purpose of the group is to provide support, education and encouragement and to address issues in a safe and confidential environment.

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Be thankful for turkeys, Christmas trees

By **CHAPLAIN (MAJ.) STEVEN MICKEL**
369th Adjutant General Battalion

Being told recently to turn in my Christmas block leave form reminded me that we are now heading into full swing of the time of year affectionately known as the holiday season. It is a long-anticipated period of four-day weekends, family time and reunions, good cooking (and eating) and gift giving. Our hearts seem to prompt us to renew our generosity toward others, and "goodwill toward men" becomes more than a slogan. Pumpkin pie, football, crisp nights, warm fires, caroling and crowded malls are among our own fond memories of this time of year.

But it can also be a time of great stress: long drives in crowded cars with ornery kids, too many desserts ruining our diet, fighting traffic and the oppressive January hangover of credit card bills. Family reunions can also bring more confusion than joy, and our hope for peace in our relationships can be shattered as old wounds become fresh again. Are you eagerly looking forward to this time of year, or dreading its arrival and praying it will pass quickly?

Why do we go through all of this anxiety, anyway? And how can we prevent this year from being just the same old holiday season? Let me suggest a few changes to your autumn holiday routine.

First, be thankful at Thanksgiving. Our forefathers may



not have had cable or satellite TV and microwave stuffing, but they did know how to thank God for family, friends

and plentiful food. If you feel buried under holiday sale flyers and the stress of what to buy people for Christmas, take a break and try this

exercise: Get out a piece of paper and write down everything that has happened in the past year for which you are thankful. My list would include my wife, Anne, my family, our dog, friends, a beautiful home and the enjoyable job of

ministry in the Army. What's on

your list? When you're done, share it with someone close to you. It can really change your focus from what you don't have and what you wish you had to what you already have.

Secondly, remember the Christ of Christmas. Be amazed that God would leave his home of glory and perfection and be born into our world as a helpless baby in a smelly cattle

stall. Why would he do that? Because he has a radical, endless, passionate love for people who generally ignore him, or worse, curse his name.

His great desire is to enjoy an intimate, personal relationship specifically with you. And so he came to earth to forgive us and remove the barrier of sin that stands between you and God. He's knocking on the doors to our hearts. All we have to do is answer. We spend a lot of time buying and wrapping and giving presents to others, and this is good! But like the three kings and the little drummer boy, what will you bring to the King? What will be your "present to Jesus" this Christmas?

Finally, be humbled about the coming new year. Why be humble? What does that have to do with bowl games, leftovers and hangovers? Despite the cold winter nights and gray landscape, New Year's Day reminds us that 2012 brings a new year of new chances and fresh starts. Though Jan. 1 is not a religious holiday, it may as well be one, because it reminds us once a year of what God can do for us daily — provide us with a fresh start. Really? Even me? A do-over in my marriage? With my kids? With my boss? Yes! For those who pursue this crazy thing called forgiveness, humility comes easily, and New Year's takes on a fresh significance.

Turkeys, Christmas trees and a fresh start. Go ahead, give it a shot. Try it out. Be thankful, be amazed, and experience the fresh breeze of forgiveness in your heart. May God bless you and your loved ones this holiday season.



PROTESTANT

- Sunday
9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
9:30 a.m. Hispanic, Post Theater
9:30 a.m. Main Post Chapel
8:30 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (first service)
10:15 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (second service)
10:45 a.m. Sunday school, Main Post Chapel
11 a.m. Memorial Chapel
11 a.m. Chapel Next, Bayonet Chapel
- Wednesday
6 p.m. Prayer service, Magruder Chapel

Protestant Bible Study

- Monday
7 p.m. Women's Bible study (PWOC), Main Post Chapel
- Tuesday
9:30 a.m. to noon Women's Bible study (PWOC), Main Post Chapel
- Wednesday
6 p.m. Gospel prayer service, Daniel Circle

- Chapel
7 p.m. Gospel Bible study, Daniel Circle Chapel
- Chapel
7 p.m. LDS scripture study, Anderson Street Chapel
- Saturday
8 a.m. Men's prayer breakfast (PMOC), Main Post Chapel (every second Saturday of the month in the activity room)

Protestant Youth of the Chapel

- Sunday
5 to 6:30 p.m. Club Beyond youth group, Main Post Chapel
- Saturday
11 a.m. Daniel Circle Chapel youth group, Dorn VA Hospital (first Saturday of each month)

CATHOLIC

- Monday through Friday
11:30 a.m. Mass, Main Post Chapel
- Sunday
9:30 a.m. CCD (September through May), Education Center
9:30 a.m. Religious ed class for adults (September through May), Main Post Chapel
9:30 a.m. Religious ed class for children (September through May), Main Post Chapel
10:30 a.m. Reconciliation (after Mass or by appointment), Main Post Chapel
11 a.m. Mass (Main Post Chapel)
12:30 a.m. Catholic youth ministry, Main Post Chapel
- 7 p.m. Women's scripture study, Main Post

- Chapel
- Wednesday
7 p.m. Rosary, Main Post Chapel
7:30 p.m. RCIA/Adult inquiry (September through May), Main Post Chapel
- Friday
11:30 a.m. Ladies of the parish, Main Post Chapel (first Friday of each month)

ANGLICAN/LITURGICAL

- Sunday
8 a.m. Anderson Street Chapel

ISLAMIC

- Sunday
8 to 10 a.m. Islamic studies, Main Post Chapel
- Friday
1 to 2 p.m. Jumah services, Main Post Chapel

JEWISH

- Sunday
9:30 to 10:30 a.m. Worship service, Memorial Chapel
10:30 to 11:30 a.m. Jewish book study, Post Conference Room

LATTER DAY SAINTS

- Sunday
9:30 to 11 a.m. Anderson Street Chapel
- Thursday
7 to 8 p.m. LDS scripture study, Anderson

- Street Chapel
- CHURCH OF CHRIST**
- Sunday
11:30 a.m. Anderson Street Chapel

ADDRESSES, PHONE NUMBERS

- Anderson Street Chapel**
2335 Anderson St., corner of Jackson Boulevard, 751-7032
- Bayonet Chapel**
9476 Kemper St., 751-6322/4542
- Daniel Circle Chapel**
3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478
- Education Center**
4581 Scales Ave.
- Family Life Chapel**
4580 Scales Ave, corner of Strom Thurmond Boulevard (inside of Main Post Chapel), 751-5780
- Magruder Chapel**
4360 Magruder Ave., 751-3883
- Main Post Chapel**
4580 Scales Ave., corner of Strom Thurmond Boulevard, 751-6469/6681
- McCrady Chapel (SCARNG)**
3820 McCrady Road (located at McCrady Training Center)
- Memorial Chapel**
4470 Jackson Blvd., 751-7324
- Warrior Chapel (120th AG Bn.)**
1895 Washington St., 751-5086/7427
- Installation Chaplain's Office**
4475 Gregg St., 751-3121/6318



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FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Maj. Raymond Simons

Director, Emergency Services/Provost Marshal

Sgt. Maj. Bruce Sirois

Provost Sergeant Major

Bill Forrester

Fire Chief

CASES OF THE WEEK

□ Military Police are investigating a case of larceny after responding to the



theft of items from a car parked at the Commissary, MPs said. A civilian called MPs to report two cell phone and a GPS charger missing from her vehicle, MPs said.

□ The Fort Jackson Fire Department extinguished a fire at one of the post ranges caused by an ordnance, MPs said. The Explosive Ordnance Detachment exploded the ordnance in place after receiving reports of an unexploded ordnance and a small brush fire, MPs said. No injuries were reported.

□ A civilian was cited for prohibited parking and a suspended registration after illegally parking his vehicle, MPs said. The civilian's tags were suspended for failure to maintain insurance, MPs said. The vehicle was towed from the installation.



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smartphone to log in.



Tips help prevent break-ins

Special to the Leader

Everyone has read about it in the paper, seen it on the news or has even been a victim or known someone who has been a victim of a vehicle break-in.

There are many measures that can be taken to assist in reducing the chances that one will become a target of a vehicle break-in. So how does one become a victim of this type of crime? There are many answers to that question, but the main answers would come down to lack of awareness and not effectively exercising common sense. Poor decisions, lack of awareness and even a false sense of security can make it easy for a person to put his or her guard down and make simple mistakes.

Fort Jackson tends to have a lower crime rate than places outside our gates, and while vehicle break-ins have been minimal on the installation, not taking proper precautions could place one at a higher risk both on and off the installation.

So how does everyone reduce the chances of vehicles being broken into? There are several ways.

First, always try to park in the most visible and well lit area possible. Try parking away from foliage, fence lines and other areas that provide locations for thieves to work in privacy or seclusion. Ensure all vehicle doors are locked and windows are rolled up. If the vehicle has a sunroof, make sure it is closed and locked.

If the vehicle has an alarm system, activate and use it. It does not help if the owner chooses not to activate it. Alarms are effective because thieves do not like to work in conditions in which they could be noticed, and an audible alarm will draw unwanted attention.

Leaving valuables in a vehicle in plain sight drastically raises the risk of becoming a victim. Many walk by the vehicle and only notice it when they view something of value in plain sight.

At a minimum, always ensure that valuables are out of sight. It is even more effective to remove all valuables from the vehicle or lock them in the trunk. Many thieves know items are generally stored in glove boxes and consoles and will readily search these areas.

Merely hiding those valuables is not always enough. For example, when using MP3 players, navigation systems and other electronic devices, be aware that leaving the cords, chargers and other indicators, such as suction-cup marks on the windows is a clear identifier that a thief evaluates when attempting to determine if the vehicle may hold items of value.

Hide or remove these adaptors and suction devices to make the vehicle less noticeable to thieves, preferably prior to arriving at the intended parking area.

Also, do not leave vehicle keys inside the car, especially not above the sun visor, under the floor mat, in the center console or in the glove compartment. A thief will probably know to look in those same places. Use visible anti-theft devices such as steering wheel locks, brake pedal locks or other similar devices that may deter thieves from attempting to drive off with the vehicle.

Remember, if something feels out of the ordinary, report it to the appropriate law enforcement agency. Everyone can do his or her part by talking to friends, family members and other acquaintances to raise awareness on how to reduce the number of vehicle break-ins.

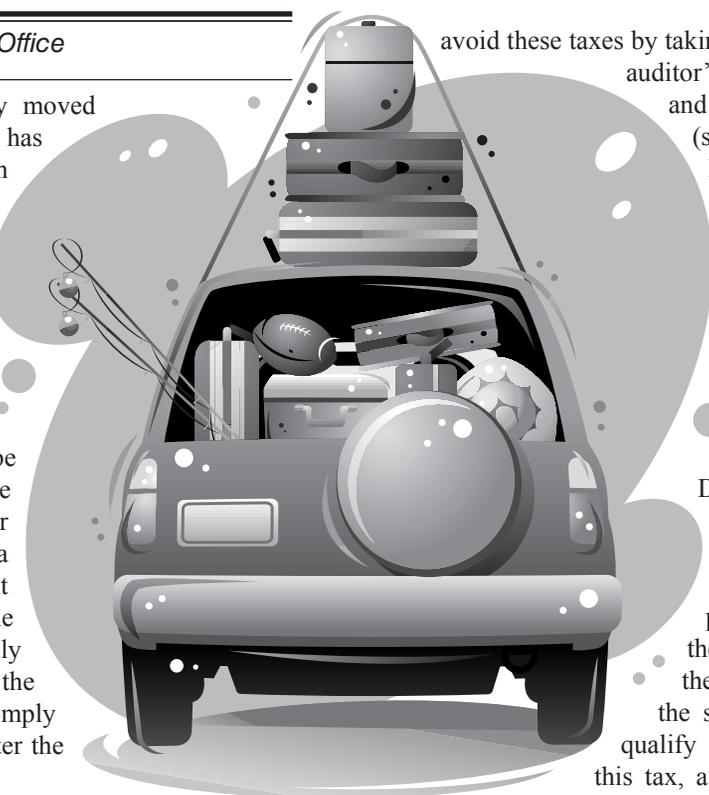
Soldiers may get some auto tax breaks

From the Legal Assistance Office

Anyone who has recently moved to South Carolina, or who has a vehicle with a registration that is about to expire should be aware of certain registration and property tax regulations specific to military members.

While South Carolina law requires all vehicles remaining in the state for more than 30 days to be registered and licensed by the state, there is an exception for certain military members. If a Soldier is not a legal resident of South Carolina and he or she owns a vehicle that is legally registered in another state, the Soldier does not have to comply with the requirement to register the vehicle in South Carolina.

Normally, anyone registering a vehicle in South Carolina must first pay any personal property taxes due on the vehicle. Nonresident Soldiers who wish to register vehicles in South Carolina may



avoid these taxes by taking to the local county auditor's office a recent leave and earnings statement (showing the Soldier's home state) and a copy of the orders stationing that Soldier in South Carolina.

The local tax office will then provide the Soldier a tax exemption form to take to the Department of Motor Vehicles. The county auditor will send a bill for the personal property tax due on the vehicle each year the Soldier remains in the state. In order to re-qualify for exemption from this tax, a Soldier must repeat the procedure outlined above.

If a nonresident Soldier purchases a car or motorcycle in South Carolina, the Soldier may avoid paying sales taxes by completing a Nonresident Military Tax Exemption

Certificate. Only four-wheeled passenger vehicles and motorcycles may qualify for this exemption; if a Soldier purchases a pick-up truck, sales tax must be paid. These forms are available from the car dealer, the South Carolina Tax Commission or the Fort Jackson Legal Assistance Office.

A commissioned officer of higher rank in the Soldier's chain of command (not an officer at the Legal Assistance Office) must sign the form acknowledging that he or she has reviewed the Soldier's records to verify that the Soldier is not a resident of South Carolina and is stationed in South Carolina pursuant to military orders. The form does not require notarization. It is the Soldier's responsibility to see that the forms are submitted to the vendor within 10 days of the date of purchase.

Fort Jackson Legal Office

The Fort Jackson Legal Office provides legal services — including powers of attorney, living wills and health care powers of attorney — to service members, retirees and eligible family members.

For more information, or to schedule an appointment to speak with an attorney, call 751-4287. Office hours are Monday through Friday, 9 a.m. to 4 p.m.

The office is closed on federal and training holidays. The office is located at 2600 Lee Road.

American, Iraqi runners go distance

By SGT. A.M. LaVEY
Army News Service

AL ASAD AIR BASE, Iraq — Members of the Iraqi men's mid-to-long distance Olympic running team met with U.S. Forces-Iraq service members for a running clinic and five kilometer run here Oct. 23.

"We asked them to come down and share their training routine and some of the challenges of training that they face here in Iraq with us," said Lt. Gen. Frank G. Helmick, deputy commanding general for operations, United States Forces-Iraq.

The team, half of its members also in the Iraqi army running club, have interacted with American troops once before, but it was limited to a game of soccer.

"We love the Americans," said Waud Disman, half-marathoner and team member. "We wanted to meet and run with them."

Military relations have been strengthened through sports participation since the ancient beginning of the Olympic Games and an event like this is a type of diplomacy that can transcend cultural differences and bring Soldiers from different nations together.

"There are no nationalities or religions in sports," Helmick said. "Athletics and fitness transcends all those different boundaries."

Throughout the last eight years, American forces have made it a point to use sports to reach out to the Iraqi people.

"I think it is most important that we expose as many Iraqis as we can to our military," Helmick said. "Our service members are great ambassadors to the world."

"I really think that are no relationships between countries, there are only relationships between people, and we are working to strengthen these relationships in Iraq every day."

Unlike American professional athletes, these runners receive only a living stipend of the equivalent of \$200 a month, which the runners must use to purchase their own equipment, pay for training and feed their families.

After hearing that some of the team was running in bare feet because they couldn't afford shoes, USF-I service members presented boxes of shoes to the team before it left.

"I am amazed that they can perform so well with so few resources," said Maj. Gen. Jeffrey Buchanan, director of



Photo by COL. KEVIN V. ARATA, U.S. Forces-Iraq Public Affairs

U.S. Forces-Iraq service members run with members of the Iraqi men's mid-to-long distance Olympic running team at Al Asad Air Base, Iraq, Oct. 23.

strategic effects, USF-I and one of the runners who recently ran with the team. "I think it says volumes about the love of sport and the pride of representing one's country."

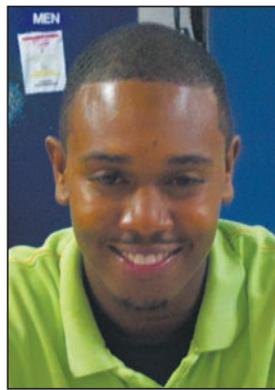
At a presentation after the run, one of the Iraqi runners shared his thoughts with the assembled runners.

"Today was very different from a normal day in our lives," said Hamid Kadhim, a team member from Baghdad. "We thank you. We will remember this day for the rest of our lives."

Buchanan added, "I could not help but think of how far we have come in this country. "The opportunities the Iraqis now have, ranging from growing security to economic development to strengthening democracy to an inspirational Olympic team, have been created through a great deal of sacrifice, both Iraqi and American."

"My greatest hope is that the Iraqis reach their potential," Buchanan said. "If today's run was any indication, the future is bright indeed."

Sports shorts



HARRIS

BOWLING RECORD SET

John Harris Jr. set both the house record and the Columbia U.S. Bowling Congress record after bowling 866 in a three-game series Friday at Century Lanes.

COMMANDER'S CUP BOWLING

Commander's Cup Bowling is scheduled for 2 p.m., Friday through Tuesday, at Cen-

tury Lanes. Each battalion may have up to three teams of four for each of the tournament's three days. Awards for male/female high game; male/female high series and top unit will be awarded. This is for active duty only.

ADULT SWIM LESSONS OFFERED

Adult swimming lessons are being offered at Knight Swimming Pool. The eight classes are scheduled throughout two four-week sessions. Two time slots are available each session for beginner classes. Register at Marion Street Station or the Solomon Center prior to the start of the session. Cost is \$45 per session. Call 751-4796 for more information.

Session 1: Classes are scheduled for Mon-

days and Wednesdays, through Nov. 2. Beginner classes are 11:45 a.m. to 12:45 p.m. or 4:45 to 5:45 p.m. Intermediate classes are 5:45 to 6:45 p.m., Mondays and Wednesdays, through Nov. 2.

Session 2: Classes are scheduled for Mondays and Wednesdays, Nov. 7 through Dec. 2. No class will be held Nov. 23. Beginner class is 11:45 a.m. to 12:45 p.m. or 4:45 to 5:45 p.m. Intermediate class is 5:45 to 6:45 p.m.

HALLOWEEN HOWL SET

A Halloween Howl 5K and 10K fun run/walk is scheduled for 8 a.m., Oct. 29. Registration is open now through Oct. 27. Registration also will be available 7-7:45 a.m. the day of the event. No bikes or pets allowed.

Flag football standings

Monday/Wednesday

120th	8-0
MEDDAC	6-2
2-60th	4-3
Roughnecks	4-5
TFM	3-5
2-39th	3-5
3-60th	2-4
3-34th	1-7

Tuesday/Thursday

TSB	6-2
187th	6-2
1-61st	4-2
193rd	4-2
4-10th	1-5
171st	0-8

