

THURSDAY, OCT. 3, 2013

# THE FORT JACKSON LEADER

NEWSPAPER FOR THE FORT JACKSON/COLUMBIA, S.C. COMMUNITY  
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★ CHAPLAIN  
OVERCOMES  
CANCER ODDS

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Entrance

# CLOSED

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## ON THE COVER

Photo by SUSANNE KAPPLER

Patricia Hughes, a family member, reads a sign posted in the Commissary door that announces the store's closure during the federal government shutdown. SEE PAGE 3.

### THE FORT JACKSON LEADER

PUBLISHED FOR THE FORT JACKSON/COLUMBIA, S.C. COMMUNITY  
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## NEWS

# Domestic violence is not a private matter

### Leader Staff Report

Col. Michael Graese, Fort Jackson's garrison commander, signed the following proclamation for Domestic Violence Month:

October is Domestic Violence Awareness Month in the Army. When we prevent domestic violence, we promote safety within our Families and show respect for the dignity of all our Soldiers, DA Civilians and Family members. It is imperative that Army leaders and community members remain focused on the urgency of this issue.

When an incident of domestic violence occurs, it cannot be kept a private matter. Violence and abuse in Family relationships have negative effects that go far beyond the couple involved. It puts stress on their children, their extended Family, their friends, and their neighbors. Not only does domestic violence undermine the ability of Families to be resilient, it also undermines "readiness."

It has no place in today's Army. It has no place here at Fort Jackson, where we are fully committed to our Families. If you are involved in domestic violence, get help. If you know of domestic violence happening around you, show your commitment to prevention. Take action.

The Domestic Violence Month Theme for 2013 is, "End Domestic Violence — Recognize It, Report It, Prevent It."

**You can learn to recognize it.** Recognize signs of dis-

stress as soon as they become apparent.

Recognize the challenges that intimate relationships bring. Learn new skills in communication and negotiation. Family Advocacy Program, or FAP, and other Army Family programs are readily available to help. FAP provides relationship workshops, anger management classes, support groups, and counseling to Soldiers and their Families.

**You can report it.** Report both perpetrators and victims of abuse. Report abuse to FAP when you learn of it. Offenders need to be held accountable. Family advocacy victim advocates work with other professionals to decrease the likelihood that violence will persist.

**You can prevent it.** Prevent domestic violence before it starts. Prevent at-risk situations by knowing that safe relationships are based on trust and mutual respect. Let people know domestic violence — whether physical verbal, or emotional — has no place in our Army. Where violence occurs, trust and respect are missing or broken. Rebuild it. Make a firm decision to find healthy solutions. Don't go it alone. Enlist the help of others. Let FAP be your partner in prevention

Join me in making this Domestic Violence Awareness Month the beginning of a year-round campaign to end domestic violence. Promote the trust and respect that make all relationships strong.

Need help? Contact Fort Jackson FAP at 751-6325. Be strong. "Army Strong."



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# How Fort Jackson is affected

## Town hall addresses impact of government shutdown

By **SUSANNE KAPPLER**  
Fort Jackson Leader

Fort Jackson leadership hosted a town hall meeting Tuesday evening to inform the community of the effects the government shutdown has on services on Fort Jackson. The partial shutdown of the federal government was implemented after Congress failed to pass a budget for the new fiscal year, which began Tuesday.

“What we need to have this discussion on tonight is how this government shutdown has impacted the facilities and services here on Fort Jackson,” said Brig. Gen. Bradley Becker, Fort Jackson’s commanding general. “So what I wanted to do is provide you the most accurate, up-to-date information, so that you know exactly how life will be impacted.”

Garrison Commander Col. Michael Graese and leaders from various organizations were on hand to brief the community about current changes in services and answer questions.

The majority of organizations on Fort Jackson remain operational, but some have reduced staffing, which may lead to delays in services.

Below is a summary of the shutdown impact on various organizations:

■ **Army and Air Force Exchange Services:** The Exchange and all other AAFES businesses remain open. Hours are unchanged.

■ **Army Community Services:** The ACS center will remain open from 8 a.m. to noon and 1 p.m. to 4 p.m., weekdays with reduced staffing. The following primary services will continue to be offered: emergency financial assistance (Army Emergency Relief, emergency food); financial counseling and assistance; victim advocacy in prevention of domestic violence; New Parent Support Program; relocation assistance; Exceptional Family Member Program and respite care; information and referral. The following services are currently not offered: volunteer programs; employment assistance for spouses; and Survivor Outreach Services.

■ **Civilian Personnel Advisory Center:** No change in services.

■ **Commissary:** The Commissary will be closed until further notice.

■ **Defense Finance and Accounting Services:** No change in services.

■ **Dental Activity:** Active-duty dental care will continue. Some routine appointments may be cancelled. There is no impact to family members and retirees.

■ **Department of Defense Education Activity:** No change in schedules at C.C. Pinckney and Pierce Terrace elementary schools.

■ **Directorate of Emergency Services:** There is no change in services for first responders and the installation’s antiterrorism and force protection operations. Gate hours are not affected. Administrative support for some services is limited, which may lead to delayed case processing and Military Police reports as well as delayed



Photo by **SUSANNE KAPPLER**

**Col. Michael Graese, garrison commander, addresses attendees of a town hall meeting Tuesday at the Solomon Center. The meeting explained the impact of the federal shutdown on Fort Jackson services.**

### ON THE WEB

These links may be of use for military personnel and civilian employees affected by a government shutdown.

■ **OPM:** Furlough guidance: <http://www.opm.gov/policy-data-oversight/pay-leave/furlough-guidance#url=Shutdown-Furlough>

■ **CIVILIAN PERSONNEL OFFICE:** Guidance for the 2014 lapse in appropriations : <http://cpol.army.mil/library/general/2013sequestration/FY14Lapse.html>

■ **DOD:** Financial planning during civilian furlough: <http://www.whs.mil/HRD/Furlough/FinancialPlanning.cfm>

■ **ARMY EMERGENCY RELIEF:** <http://www.aerhq.org/dnn563/>

background checks for CYSS and SHARP. Physical security inspections, contract vetting and installation weapons registration are suspended until further notice.

■ **Directorate of Family and Morale, Welfare and Operation:** No change in services, including child care centers, fitness centers, sports and after-school activities.

■ **Directorate of Human Resources:** No change in services, including the ID card section and the Education

Center.

■ **Housing:** No change in services.

■ **Moncrief Army Community Hospital:** All patient services remain open. MACH is open for all inpatient, outpatient and wounded warrior care. Medical care for all forces, including trainees will continue. There is no impact on TRICARE and civilian-sector care. Future elective surgeries or procedures may be curtailed.

■ **Plans, Analysis and Integration Office:** PAIO is closed. Interactive Customer Evaluation, or ICE, comments are currently not being processed.

■ **Religious Services:** No change in chapel services and programs.

■ **Staff Judge Advocate’s office:** The office remains open, but fewer legal assistance appointment slots are available. Wait time for clients may increase.

Becker urged those in attendance to solely rely on official sources of information.

“When you leave here, you’ll hear all kinds of rumors. ... If it doesn’t come from Col. Graese, myself or the leadership in your chain of command, it is just a rumor,” Becker said.

Graese assured the audience that the community would be informed of any changes.

“There are a lot of questions that are unanswered right now,” he said. “In order to try to get this resolved as soon as possible, we’ll continue to try to keep you informed through different sources and venues.”

*Susanne.Kappler1.ctr@mail.mil*

# Direct access to AER for SFCs

*From Army Emergency Relief*

WASHINGTON — Army Emergency Relief announced a change in policy allowing sergeants first class and above direct access to assistance. This change, which became effective Sept. 30, enables senior noncommissioned officers to go directly to AER for assistance.

Previous AER policy allowed master sergeants and above direct access to AER assistance. The change simply expands that policy to include all senior noncommissioned officers.

“Based on feedback we received from command sergeants major and AER officers across the Army, the AER director decided that this was the right course of action,” said Charles Durr, AER’s assistance team chief. He is a retired command sergeant major. “These senior NCOs are entrusted with significant levels of responsibility and demonstrate the integrity to warrant this change.”

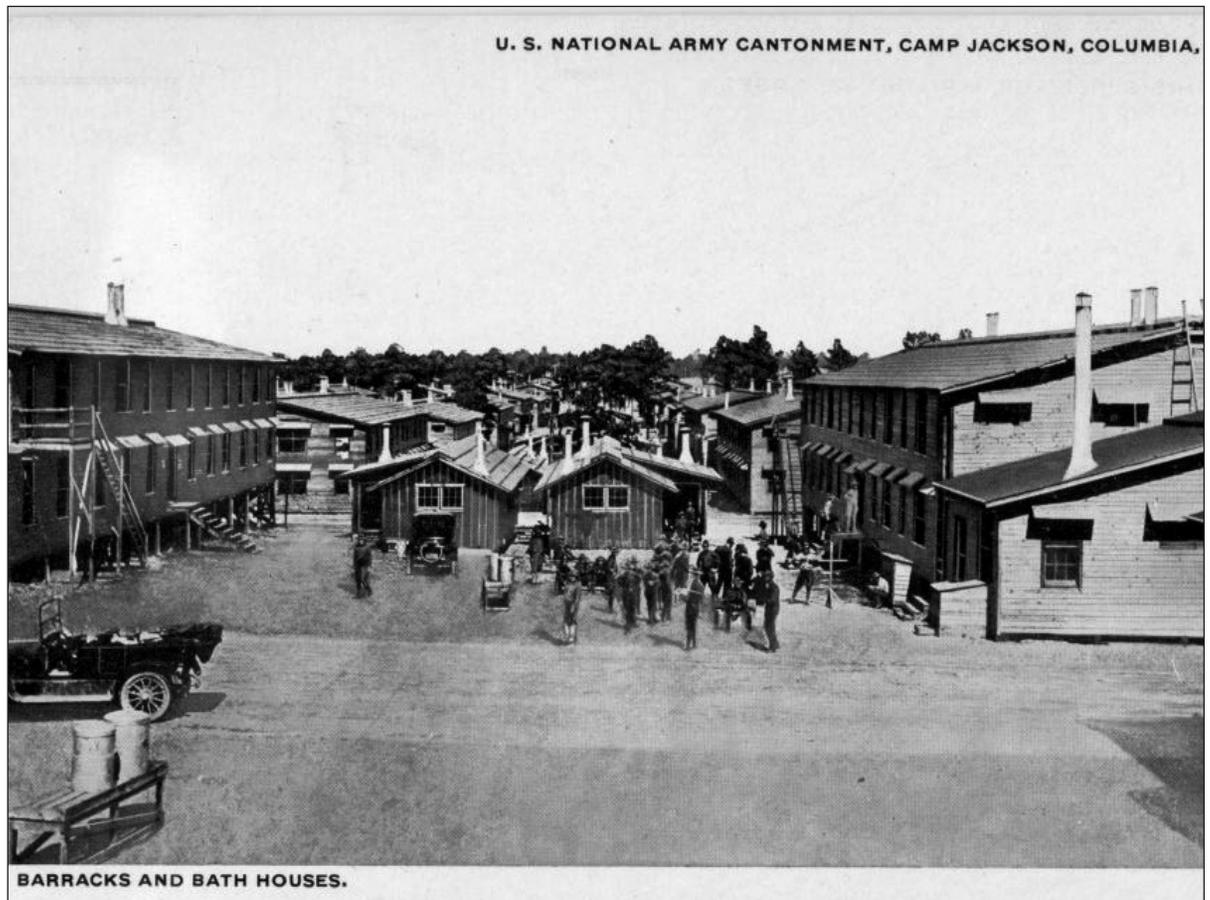
Army Emergency Relief is a private nonprofit organization dedicated to providing financial assistance to Soldiers, active and retired, and their families. Since its incorporation in 1942, AER has provided more than \$1.5 billion to more than 3.5 million Soldiers, families and retirees.

## LEADER DEADLINES

Article submissions are due two weeks before publication. For example, an article for the Oct. 17 Leader must be submitted by today.

Announcement submissions are due one week before publication. For example, an announcement for the Oct. 17 Leader must be submitted by Oct. 10.

Send your submissions to [FJLeader@gmail.com](mailto:FJLeader@gmail.com). For more information, call 751-7045.



U. S. NATIONAL ARMY CANTONMENT, CAMP JACKSON, COLUMBIA.

BARRACKS AND BATH HOUSES.

*Photo courtesy of the BASIC COMBAT TRAINING MUSEUM*

## This week in history

On Oct. 4, 1921, the 5th Infantry Division was deactivated at Camp Jackson. With the deactivation of the 5th ID, all training activities of the Army ceased at Camp Jackson. Wrecking companies were hired to tear down nearly 2,000 buildings and tear up almost 126,000 feet of sewer lines. The land that Camp Jackson had occupied reverted to the original land owners and the City of Columbia. The 5th Infantry Division, also known as the Red Diamonds, trained at Camp Jackson from the summer of 1919 until October 1921. During World War I, the German troops nicknamed the 5th Infantry Division “Die roten Teufel”; or the Red Devils, because of their ferocity during the Saint-Mihiel campaign. During that battle, the 5th ID captured more than 1,200 German Soldiers, and 21 Soldiers were awarded the Distinguished Service Cross.

# Post celebrates Hispanic heritage

By WALLACE McBRIDE  
Fort Jackson Leader

Fort Jackson celebrated the diversity of the military Friday with a banquet at the NCO Club observing the start of Hispanic Heritage Month.

“Hispanics have been part of everything we’ve done in the United States for more than 238 years,” said Col. (P) Paul Chamberlain, Soldier Support Institute commander.

Hispanic Heritage Month began in 1968 as Hispanic Heritage Week. It wasn’t until 1988 that the observance was expanded to four weeks, stretching from Sept. 15 until Oct. 15.

“There is significance in those dates,” Chamberlain said. “Sept. 15 is when many of our Latin American neighbors ... celebrate their independence. Then, on the 16th and 18th of September, we have Chile and Mexico, who also celebrate their independence.”

Columbus Day is in October, which is why the observance straddles two months.

“I became a Latino 10 years ago when I moved into the United States,” said the event’s guest speaker, Ivan Segura, president of the Council of Mexicans in the Carolinas. “I was Mexican before that. I’m still a Mexican, but now I’m American, but I’m also Latino. As Latinos, we are so different, but the differences are what bring us together.”

Segura is a workforce development consultant for the Connecting People to Jobs/WIA Program, an initiative intended to move low-income Hispanic and Latino



Photos by WALLACE McBRIDE

**Members of the Emerald Ballroom Fusion Dance Group perform Latin American dances for the attendees of Friday’s Hispanic Heritage Month observation at the NCO Club. The event was hosted by the Soldier Support Institute.**

residents in the Midlands out of poverty.

“There are an estimated 3.2 million Hispanic-owned business in the United States, and they sell products and services to everybody,” he said. “We are Latinos, and we are part of this community. We work together, we go to church together and our kids go to the same schools

together.”

When he first arrived in America in 2003, it was important to him to become an active part of his new community, he said.

“I decided I wanted to be active in the civic community,” Segura said. “I wanted to be able to vote, and I wanted

to become an American. We are a nation of immigrants, and they all have different stories. This is also what makes America great, and we need to be able to embrace some of that. We need to continue to be a nation of immigrants and realize that the differences also bring us together.”

*Milton.W.McBride3.ctr@mail.mil*



**Soldiers with the Victory Jazz Combo of the 282nd Army Band provide musical entertainment for the event.**



**Ivan Segura, president of the Council of Mexicans in the Carolinas, addresses the crowd as the guest speaker Friday.**



Photos by SUSANNE KAPPLER

## Gold Star families remember loved ones

Above, more than 350 electric candles illuminate the pier at Semmes Lake Sunday in remembrance of the South Carolina Soldiers who have died on active duty since Sept. 11, 2001. Right, William and Natalie Olmstead embrace while Beth Carney, a support coordinator with Survivor Outreach Services, reads a letter signed by Army leaders honoring Gold Star mothers and families. Below, Fort Jackson Survivor Outreach Services hosted the luminary, which took place at Semmes Lake for the fourth time.



# Rally promotes motorcycle safety



Photos by WALLACE McBRIDE

Fort Jackson motorcycle riders leave Hilton Field for a ride to Elgin Friday as part of the post's semi-annual Victory Thunder motorcycle rally. The rally emphasizes various aspects of motorcycle safety. Riders must have their motorcycles inspected before participating in the outing.



Staff Sgt. Peter Flynn, Moncrief Army Community Hospital, conducts safety inspections on motorcycles Friday morning at Hilton Field.



L.Z. Harrison, a supervisory instructions systems specialist at the Soldier Support Institute, briefs motorcyclists on current safety procedures.

## Advertising in the Leader

For information about classified advertising, call 432-6157 or email [sbranham@ci-camden.com](mailto:sbranham@ci-camden.com). Classifieds can also be faxed to 432-7609 or mailed to P.O. Box 1137, Camden, S.C. 29020. For display ads, call Betsy Greenway at 432-6157.

UP CLOSE

# Country stars rock Fort Jackson



Angie Johnson, an Air Force veteran and former contestant on The Voice, warms up the crowd at Hilton Field Saturday.



Fans use their cell phones to take photos of Trace Adkins.



*Photos by SGT 1ST CLASS JOEL QUEBEC, 81st Regional Support Command*

Country star Trace Adkins performs at Hilton Field Saturday. He is best known for his hits, 'You're Gonna Miss This,' and, 'Honky Tonk Badonkadonk.'



## Follow the Leader

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# Turn in unwanted prescription drugs

By **STEVE MOON**  
IMCOM

SAN ANTONIO — One of America's leading causes of death is lurking in your bathroom cabinet, kitchen or bedside table: prescription drugs. To combat this killer, U.S. Army Installation Management Command is participating in the National Prescription Drug Take-Back Day Oct. 26. This initiative provides a safe, convenient and responsible way of disposing of prescription drugs, while also educating the public about the potential for abuse of medications.

Abuse of prescription drugs, whether codeine from your last root canal or vicodin for persistent back pain, stands as a leading cause of accidental death in America. It ranks right 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 Oct. 26 in support of the National Prescription Drug Take-Back Day. Military installations will provide drop-off locations for all active duty, family members, civilian employees and retirees to anonymously turn in medications or prescription drugs.

"We have installations throughout the continental United States, Hawaii and Alaska participating in the National Prescription Drug Take Back Day," said Leslie Sweeney, Army Substance Abuse Program for headquarters IMCOM. "We hope to surpass previous years and collect and dispose of more than 5,000 pounds of unwanted, expired and unused prescription drugs."

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 5,000 pounds of pills and medication during the previous events.

For more information about the National Prescription Drug Take-Back Day or to find a drop-off location, visit [http://www.dea diversion.usdoj.gov/drug\\_disposal/takeback/index.html](http://www.dea diversion.usdoj.gov/drug_disposal/takeback/index.html) or contact your local Army Substance Abuse Program representative.



**ARMY MEDICINE**  
Serving To Heal...Honored To Serve

## Got Drugs?

Turn in your unused or expired medication for safe disposal  
**Saturday, October 26**

Visit [www.dea.gov](http://www.dea.gov)  
or call 800-882-9539  
for a collection  
site near you.



**News and Notes**

**FIRE PREVENTION WEEK**

The Fort Jackson Fire Department and Family, Morale, Welfare and Recreation will start off Fire Prevention Week from 10 a.m. to 2 p.m., Oct. 5 with an event at the fire station. Visitors can tour the station, visit the smoke house safety trailer and meet Sparky the Fire Dog. Other activities include a bounce house, tug of war, a rock wall and games. For more information, call 751-1610.

**MAUDE LECTURE SCHEDULED**

The next Lieutenant General Timothy L. Maude leadership lecture is scheduled for 3 p.m., Monday at the Solomon Center. The guest speaker will be Air Force Lt. Gen. Darrell Jones, deputy chief of staff for Manpower, Personnel and Services, Headquarters, U.S. Air Force.

**SOLDIER MEDAL TO BE PRESENTED**

Staff Sgt. Gary Moore, Company B, 4th Battalion, 10th Infantry Regiment, will be awarded the Soldier Medal in a ceremony at 9 a.m., Wednesday at the 120th Adjutant General Battalion (Reception) chapel. Moore will receive the medal for his actions in October 2012 when he saved the life of a fellow Soldier during a live hand grenade training event.

**RUN FOR THE FALLEN**

The Fort Jackson 5K run/walk for fallen Soldiers is scheduled for 8 a.m., Oct. 19 at Hilton Field. Online pre-registration is available through Oct. 7 at <https://webtrac.mwr.army.mil/webtrac/Jacksonretrac.html>. Registration packets are available for pickup from 9 a.m. to noon, Oct. 17 and 18 at the Family Readiness Center.

*Information subject to change.*

**LEGAL NOTICE**

Anyone with debts owed to or by the estate of Staff Sgt. Kyle L. McGrail Jr. should contact Capt. Alex Creammer, the summary court officer for the Soldier. McGrail passed away Aug. 24 in Michigan. Creammer can be reached at 751-0907 or email [alexander.j.creammer.mil@mail.mil](mailto:alexander.j.creammer.mil@mail.mil).

**Reel Time Theaters**

*We're saving a seat for you.*

**Friday, Oct. 4 — 7 p.m.**  
Planes PG

**Saturday, Oct. 5 — 2 p.m.**  
Percy Jackson Sea of Monsters PG-13

**Sunday, Oct. 6 — 2 p.m.**  
Elysium R

**Wednesday, Oct. 9 — 1:30 p.m.**  
The Wolverine PG-13

**Wednesday, Oct. 9 — 4:30 p.m.**  
Elysium 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

**Fort Jackson Gate Hours**

**Gate 1**  
5 a.m. to 1 p.m. ....inbound and outbound traffic, Monday through Friday  
3:30 to 6 p.m. ....outbound traffic, Monday through Friday  
Closed .....weekends

**Gate 2**  
Around the clock, seven days a week  
Commercial traffic on weekends only.

**Gate 4**  
5 a.m. to 8 p.m. ....Monday through Friday  
Closed .....weekends  
Commercial traffic must use Gate 4 on weekdays.

**Gate 5**  
5 a.m. to 1 p.m. ....inbound and outbound traffic, Monday through Friday  
3:30 to 6 p.m. ....outbound traffic, Monday through Friday  
5 a.m. to 8 p.m. ....inbound and outbound traffic, weekends

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**U.S. ARMY**

[WWW.ARMY.MIL/READYANDRESILIENT](http://WWW.ARMY.MIL/READYANDRESILIENT)

# Chaplain wins race against cancer

By **JULIA SIMPKINS**

*U.S. Army Chaplain Center and School*

He was deployed in Iraq in December 2006, ministering to Soldiers who were physically, spiritually, morally and sometimes mortally wounded.

By November 2007, he noticed a growth on his right shoulder. A short time later he was told to go home and enjoy what would be his last Christmas with his family.

Chaplain (Capt.) Jeremiah Catlin was 32 years old at the time, with a wife and two small children.

“(The doctors) told me I had a Stage 4 melanoma in my chest, arm, neck and head,” Catlin said. “It had wrapped around my carotid and brachial arteries, and they said I had a year to live.”

His family was at Fort Bliss, Texas when he was sent to Walter Reed Army Medical Center in Washington to undergo surgery to try to remove some of the melanoma — with no significant effect.

“They were recommending chemotherapy and radiation treatments to prolong my life,” Catlin said. “But the diagnosis was the same. I went to three different hospitals to see what treatments were available. At Johns Hopkins the doctor told me, ‘I won’t treat you, I will cure you.’”

The physician, Dr. Edward Balch, literally wrote the book on how to surgically remove Catlin’s type of melanoma. Balch assembled a team of surgeons, and in February 2008, Catlin underwent the surgery that would save his life.

“They told me there was a high probability that I would lose the use of my right arm,” Catlin said. “I was really scared and so was my wife. We had started to doubt we’d made the best decision. During the surgery my artery burst and I lost two liters of blood. For a while they considered amputating my right arm. I still have nerve damage there and no lymph nodes. But they saved the arm, and I came out of surgery cancer-free.”

His religious convictions notwithstanding, Catlin had lingering doubts about his cancer-free status.

“I had resolved that God was done with me — that he didn’t need my ministry,” he said. “While I was receiving immunotherapy, I met a Vietnam veteran. He didn’t want to take his treatment unless he was allowed to sit with me. I ended up ministering to him while we both received treatment. I was humbled that God still chose to use me.”

By 2008, Catlin had formed a nonprofit organization to address the spiritual needs of wounded veterans and their families. While he was recovering at Fort Meade, Md., he ministered to other troops who were severely wounded or disabled. Near the end of 2012, Catlin was officially declared to be in remission.

Against doctors’ orders he began to train for physical readiness again.

“They told me I couldn’t run because of the damage to the arm. The same thing with pushups — they had to cut my pectoral muscle in half during the surgery, and they said that running would tax my arteries beyond what was healthy,” Catlin said. “I finally convinced my doctor to remove the profile and I took my first physical training test since 2006 in June, and I passed!”

Catlin is currently enrolled in the Chaplain Captain Career Course at the U.S. Army Chaplain Center and School — a course for mid-level chaplains. He will graduate Nov. 20 and be sent to his next duty station.

“My goal with running was to do something bigger. I thought about the Darlington marathon because of the symbolism of me crossing that finish line. They call it ‘The Race Too Tough to Tame,’” he said.

Catlin ran 26.2 miles in Darlington in 4 hours, 47 minutes on Saturday.



Photo by *REPUBLIC OF KOREA CHAPLAIN (MAJ.) BONG GI SON, U.S. Army Chaplain Center and School*  
**Chaplain (Capt.) Jeremiah Catlin takes the last strides of a marathon he ran Saturday at Darlington’s motor speedway. Catlin overcame Stage 4 melanoma five years ago.**

His wife Shari said the journey has been hard but rewarding.

“At the racetrack I kept praying he wouldn’t get discouraged,” she said. “I prayed he would know when to listen to his body. We tracked his telephone with an iPad. The girls were so excited.”

It was a very emotional finish for the Catlins, who said they have had support from friends and strangers from the beginning of their ordeal to the end of the marathon. When she had to fly from Fort Bliss to visit her husband in the hospital at Walter Reed, Shari said women from Protestant Women of the Chapel took her children into their homes.

Right now, when Jeremiah gets his annual cancer screening, his best friend — who also is a chaplain — makes arrangements to have time off so he can accompany him.

Jeremiah’s story serves as a lesson in resilience to his classmates and peers, said Chaplain (Col.) Pete Sniffin, deputy commandant of the USACHCS.

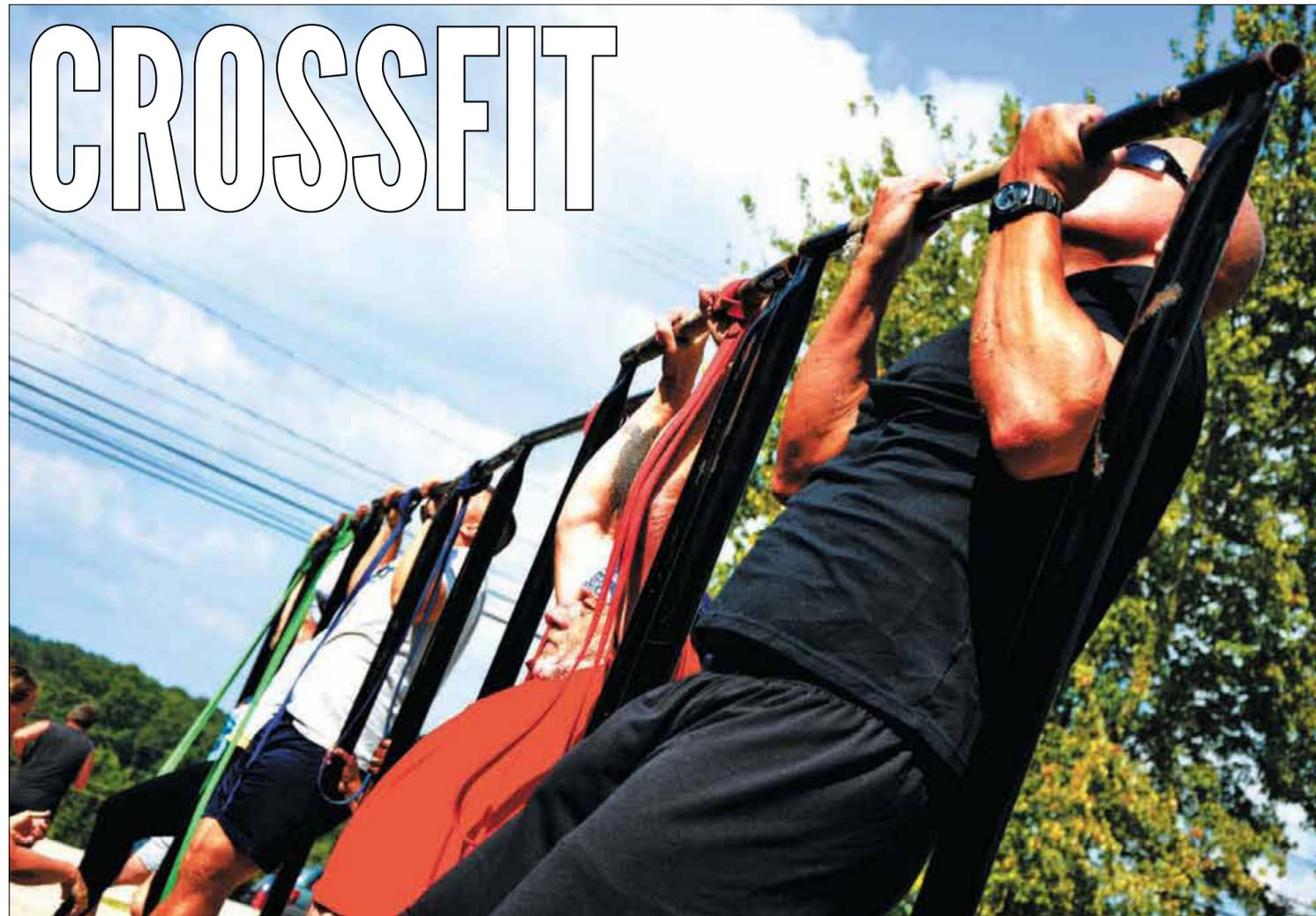
“Jeremiah is an inspiration to all of us because his dedication to recovery is based in his dedication to his calling to serve God and country. He believes God called him to this task and that he was never relieved of it, so he presses on in faith and demonstrates to us that faith-based resilience is truly awesome,” he said.



Photos by WALLACE McBRIDE

Rick Ellis, a Level 1 certified CrossFit trainer and a DA civilian with Moncrief Army Community Hospital, demonstrates an exercise to the Fort Jackson CrossFit group.

# CROSSFIT



Pullups are part of the exercises in which the CrossFit group participates. The group meets weekdays at noon in front of 2250 Sumter St.

## Soldiers, civilians stay fit during lunch hour

By WALLACE McBRIDE  
Fort Jackson Leader

The CrossFit fitness program has been gaining in popularity on Fort Jackson since its formal introduction on post early last year.

The group of a dozen active participants has grown to several dozen active members since 2012, drawing a crowd to the 187th Ordnance Battalion building at 2250 Sumter St. at noon each day for a rigorous workout.

"CrossFit is considered to be constantly varied, high-intensity, functional movements," said Rick Ellis, operations specialist at Moncrief Army Community Hospital and CrossFit Level 1 Trainer. "We do everything from kettle bells to pushups to dips to pullups to running ... that's the 'constantly varied' part. There's no routine, so your body never gets used to it."

Started in 1995, CrossFit is an exercise program that combines weightlifting, sprinting and gymnastics that, working together, improves a person's endurance, stamina, strength, flexibility, coordination and balance. Workouts are typically short — 20 minutes or less — and require intense physical exertion. And the variety of exercises in a single session changes daily.

Ellis is relatively new to the program. He was introduced to the CrossFit concept when it arrived on post in 2012.

"I first went to the program when I was 55 pounds heavier," Ellis said. "I was on cholesterol medication, and my back hurt ... I told my wife, 'I have to do something different.' I did my first workout and thought I was going to throw up, but I loved it."

Ellis gradually took a leadership role in the post's program after the departure of its original trainer, he said.

"I was getting so into it that I took CrossFit Level 1 training in Charlotte, N.C., because I loved it so much," he said. "Now, I'm the coach. I do all the coaching, all the programming for the week. I'm there with everybody each day."

The advantage to CrossFit is its lack of routine, he said. Rather than following the traditional method of isolating muscle groups as part of a scheduled program of exercise, CrossFit seeks to exhaust muscles using common activities.

Those activities aren't shared with participants until an hour before the day's exercises.

"People can show up, find out what they're doing and get warmed up for the workout so we don't get any injuries," he said. "Other than that, we do one thing today, and tomorrow it's going to be something completely different. We do the movements the human body is meant to do every day, and we make you stronger and more flexible."

"Anybody at any fitness level, even if you've never worked out before, can do this," said Bob Landrum, a training facility coordinator with the Directorate of Plans, Training, Mobilization and Security.

Landrum came to the program not long after having surgery, and worried the program would overwhelm him. Today, he assists Ellis in organizing each day's CrossFit activities.

"I was afraid to do it because I had bypass surgery," Landrum said. "I had double-bypass surgery about two years ago. Six months ago I joined up with these guys at CrossFit, and I've already lost 20 pounds. It's great."

The program is open to anyone 18 and older with a military identification card.

"I've got Soldiers who have lost 3 percent body fat and are no longer on the overweight program," Ellis said. "They come up and thank me, but I tell them they don't have to ... I can give you the toughest workout in the world, but if you don't do the work, you're not going to get the results. It's a great team environment. It's really fun, and you're still getting a good workout. All you have to do is show up to Building 2250."

Find the Fort Jackson CrossFit group on Facebook at [www.facebook.com/CrossFitMaintainer](http://www.facebook.com/CrossFitMaintainer).  
Milton.W.McBride3.ctr@mail.mil



Running is one of the cardio exercises in the CrossFit program. The program combines strength, endurance and flexibility exercises in its 20-minute workouts.

CMYK

CMYK

27" WEB-100



## Breaking dishes

*Photo by VERAN HILL, Public Affairs Office*

Military spouses met Monday as part of the Her War, Her Voice support group to break dishes and make artwork out of the broken pieces. Participants wrote on the dishes what they are ready to let go and then broke them.



*Photo by SPC. SHARMAIN BURCH, Third Army/ARCENT*

## Thanks for serving

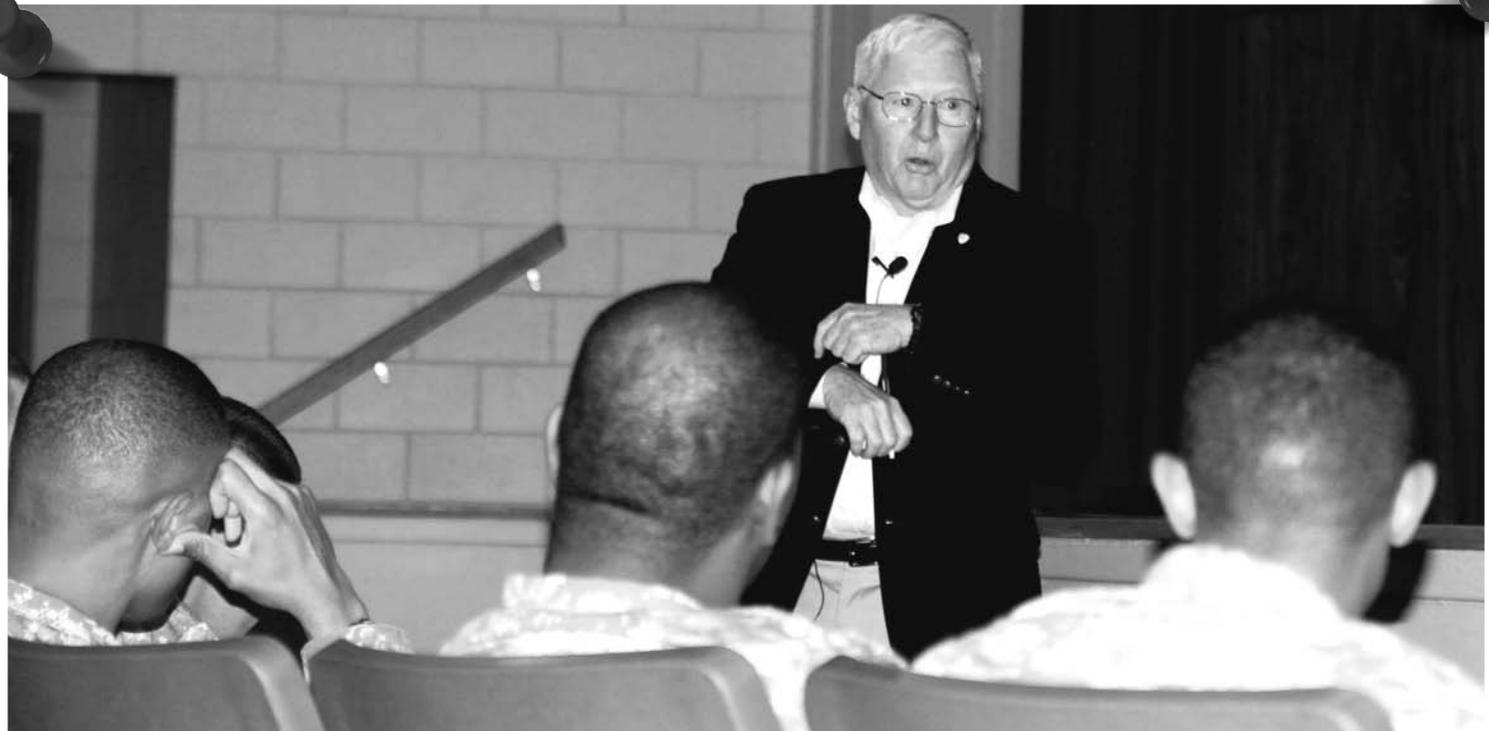
Brig. Gen. Rex A. Spittler, chief of staff, Third Army/ARCENT, serves food to Shaw Air Force Base service members during the 5th annual Military Appreciation Picnic, Friday. The free picnic, organized by the military affairs committee of the Sumter Chamber of Commerce, was planned to feed more than 1,800 of Shaw's military members as a way to say, 'Thank you,' for their military service.



### **Resiliency retreat**

*Photo by SGT. 1ST CLASS CHAD EMRICK, U.S. Army Chaplain Center and School*

Noncommissioned officers with the U.S. Army Chaplain Center and School attend a retreat at Great Wolf Lodge in North Carolina, Friday through Sunday. The goal of the trip was team building and increasing resiliency at work and at home.



### **Professional development**

*Photo by STAFF SGT. TAIKEILA CHANCEY, Third Army/ARCENT*

Retired Sgt. Maj. of the Army Robert Hall visits Third Army/ARCENT Soldiers during noncommissioned officer professional development training Shaw Air Force Base, Sept. 25. During the discussion, Soldiers learned that Hall created the Army Values acronym, LDRSHIP: loyalty, duty, respect, selfless service, honor, integrity and personal courage.

# Which influenza vaccine is best for you?

By SGT. TERENCE ELLIS and ZACHARY McCORMICK  
U.S. Army Public Health Command

Each year, the influenza or flu virus makes millions of people ill worldwide. Children, the elderly, pregnant women and those with weakened immune systems are at highest risk of developing flu-related complications that can lead to hospitalization or even death.

The best way to prevent the flu is by receiving an annual influenza vaccination. The Centers for Disease Control and Prevention recommend that everyone older than 6 months get vaccinated against influenza.

There are two primary types of influenza vaccine: the flu shot and the nasal spray. The flu shot comes in several different forms that target a variety of age groups 6 months and older. All forms of the flu shot contain inactivated or killed viruses and are administered as an injection in the upper arm or in the thigh for infants. Your health care provider will determine which form is right for you based on age, allergies and health conditions.

The nasal spray vaccine, or the live, attenuated influenza vaccine, is commonly known by its trade name "FluMist." It offers protection to healthy adults from 2 to 49 years old who are not pregnant. The spray contains a live but weakened flu virus that cannot cause flu illness.

Studies comparing the flu shot to the nasal vaccine have shown the shot or inactivated vaccine to be more effective in protecting against influenza A in healthy adults. Both vaccinations were more effective in preventing influenza than not receiving any vaccine. However, studies conducted in children have found nasal spray or attenuated vaccine to be more effective in preventing influenza than the shot.

The influenza vaccination for the 2013-2014 influenza season protects against the strains of the virus influenza experts believe are most likely to circulate during this season.

It may take up to two weeks to develop complete protection against influenza after vaccination. Vaccination of people at high risk for serious flu-related health complications and their close contacts is especially important.

Talk to your health care provider to see if you fit the high-risk category or if you have any questions regarding which flu vaccine options are best for you and your family.



Photo by SPC. MONTE SWIFT, USARCENT

**Staff Sgt. Leonardo Delgado, medical protection system coordinator for Kuwait, prepares to administer a flu shot to Soldiers at Camp Arifjan.**

## MACH UPDATES

### BREAST CANCER AWARENESS 5K

Moncrief Army Community Hospital and Army Public Health Nursing will host a free breast cancer awareness 5K walk/run at 9 a.m., Saturday at Hilton Field. Registration is open from 7:30 to 8:30 a.m. To pre-register, call 751-5200/5251.

### MEDICAL HOME CLOSURE

Moncrief Medical Home will be closed Oct. 11 of the Moncrief Army Community Hospital organizational day. MMH will also be closed Oct. 14 for Columbus Day.

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

## 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.

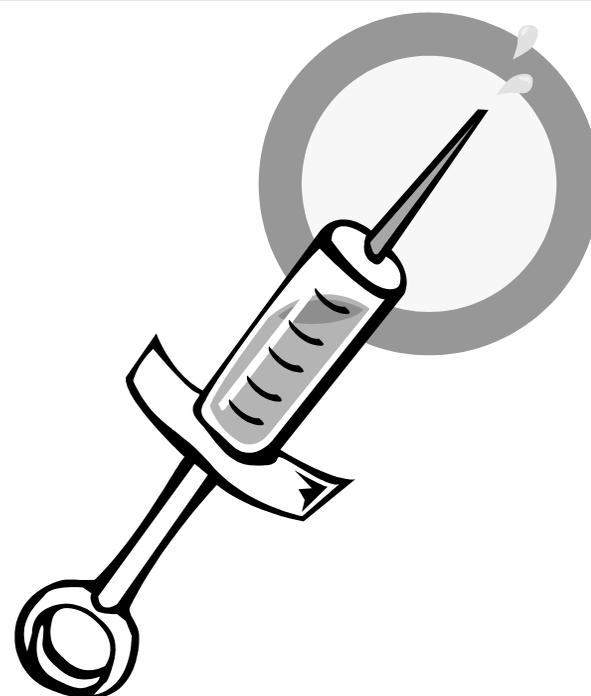
Children between 6 and 36 months will be given flu shots on a walk-in or appointment basis at the Family Health Clinic. For more information, call 751-2210.

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 16 and 30 the clinic will be open from 8 a.m. to 7 p.m. The clinic will be closed Oct. 14 for Columbus Day.

Other flu vaccination sites are:

- Solomon Center; 8 a.m. to 2 p.m., Oct. 21
- Commissary; 10 a.m. to 2 p.m., Oct. 22
- Post Exchange; 10 a.m. to 2 p.m., Oct. 29

*Information is subject to change.*



## Calendar

### Monday

#### LTG Timothy J. Maude Leadership Lecture

3 p.m., Solomon Center

The guest speaker will be Air Force Lt. Gen. Darrell Jones, deputy chief of staff for Manpower, Personnel and Services, Headquarters U.S. Air Force.

### Sunday, Oct. 13

#### Girl Scouts tribute to Norma Ferguson

2 to 4 p.m., 5957B Parker Lane

The Fort Jackson Girl Scouts will pay tribute to the more than 25 years of leadership and mentoring of the late Norma Ferguson. For more information, email [ftjacksongs@outlook.com](mailto:ftjacksongs@outlook.com).

### Saturday, Oct. 19

#### National Archaeology Month celebration

10 a.m. to 2 p.m., Twin Lakes

Activities include an open-site excavation, artifact identification and flint knapping demonstrations. For more information, call 751-7153/5971.

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

#### Terror at Twin Lakes/What's in the Water

6 to 9 p.m., Twin Lakes

For more information, call 751-8707.

### Friday, Nov. 4 and Saturday, Nov. 5

#### Military clothing reclamation sale

8 a.m. to 3 p.m., 2570 Warehouse Row

This cash-only sale is open to military of all ranks and military retirees. For more information, call 751-7213.

## Announcements

### AER CLOSURE

The Army Emergency Relief office will close at noon, Oct. 11 for a mandatory system upgrade. Requests for emergency assistance will be processed through the American Red Cross by calling 1-877-272-7337. Normal business will resume at 8 a.m., Oct. 15. For questions, call 751-5256.

### DHR CLOSURE

The Directorate of Human Resources, including the ID card offices at the Strom Thurmond Building, will close at 11:30 a.m., Oct. 11 for an organizational day. In the event of an ID card emergency,

customers can request assistance at the Soldier Family Assistance Center on 9810 Lee Road, 751-1198; at Shaw Air Force Base in Sumter, 895-1596; or at the South Carolina National Guard on Bluff Road, 806-2078.

### TSSD RENAMING

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

- The former Physical Readiness Division (PRD) is now the U.S. Army Physical Fitness School (USAPFS).

- The former Master Resilience Training Course (MRTC) is now the U.S. Army Master Resilience School (USAMRS).

- The former Leader Development Division (LDD) is now the Initial Military Training Leadership School (IMTLS).

- The former Doctrine Training and Development Division (DTDD) is now the Proponency Development and Integration Directorate (PDID).

For questions, call 751-0855 or email [Michael.R.Hatchett@us.army.mil](mailto:Michael.R.Hatchett@us.army.mil).

### RED CROSS VOLUNTEERS

Community members interested in volunteering for the American Red Cross on Fort Jackson should call 751-4329. Volunteer orientation is offered online. Additional training is necessary for those volunteering in a clinical setting.

### CALL FOR ARTISTS

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

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

### FREE COMIC BOOK

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

### SPORTS BRIEFS

- Brigade games for active duty teams in flag football, softball and cross country will be held through today. Awards will be presented today after the championship flag football game.

- Sand volleyball starts Monday. Games will be played Mondays only.

- Intramural football will begin Tuesday.

- Halloween Howl 5K, 8 a.m., Oct. 26 at Twin Lakes. Sign up at the Sports Office

or on race day from 6:30 to 7:30 a.m.

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

### GIRL SCOUT MEETINGS

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

### THRIFT SHOP NEWS

- A volunteer training session is scheduled from 9 to 11 a.m., Monday.

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

- Winter clothes are now accepted.

- Halloween items will be accepted through Oct. 17.

- Thanksgiving items will be accepted Oct. 15 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., Oct. 10 at Patton Hall.

### BOY SCOUT MEETINGS

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

### TARP BRIEFINGS

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

### AA MEETINGS

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

*Information is subject to change.*

*Visit the community calendar at [www.jackson.army.mil](http://www.jackson.army.mil) for a full listing of calendar events.*

*Send your announcements to [fjleader@gmail.com](mailto:fjleader@gmail.com).*

*Announcements are due one week before the publication date. For more information, call 751-7045.*

## Off-post events

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

### MILITARY INSIGNIA COLLECTORS

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

## Housing happenings

### RECREATIONAL VEHICLES

The housing RV storage lot is for authorized users who have registered their RV with the Housing Office at 4514 Stuart Ave. If you reside in on-post housing and have an RV that cannot be stored at your home, you must register the RV and receive authorization before using the facility. For more information and to register your RV, call 751-9339.

### TRASH CONTAINERS

Trash roll carts are required to be removed from the curbside after pickup.

### 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 Oct. 24. To compete, your home must be decorated and the decoration lights must be on (if applicable).

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."

*Worship & Praise*

**PROTESTANT**

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

**Protestant Bible Study**

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

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

**Protestant Youth of the Chapel**

■ Saturday  
11 a.m. Daniel Circle Chapel youth group, Dorn VA Hospital (first Saturday of each month)  
■ Sunday  
5 to 6:30 p.m. Club Beyond youth group, Chaplain Family Life Center

**CATHOLIC**

■ Monday through Thursday  
11:30 a.m. Mass, Main Post Chapel  
■ Sunday  
8 a.m. IET Mass, Solomon Center  
9:30 a.m. CCD (September through May), Education Center  
9:30 a.m. Religious ed class for adults (September through May), Main Post Chapel  
9:30 a.m. Religious ed class for children (September through May), Main Post Chapel  
10:30 a.m. Reconciliation (after Mass or by appointment), Main Post Chapel  
11 a.m. Mass (Main Post Chapel)  
12:30 p.m. Catholic youth ministry, Main Post Chapel  
■ Wednesday  
7 p.m. Rosary, Main Post Chapel

7:30 p.m. RCIA/Adult inquiry (September through May), Main Post Chapel

**ANGLICAN/LITURGICAL**

■ Sunday  
8 a.m. Anderson Street Chapel

**ISLAMIC**

■ Sunday  
8 to 10 a.m. Islamic studies, Main Post Chapel  
■ Friday  
12:45 to 1:30 p.m. Jumah services, Main Post Chapel

**JEWISH**

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

**CHURCH OF CHRIST**

■ Sunday  
11:30 a.m. Anderson Street Chapel

**LATTER DAY SAINTS**

■ Sunday  
9:30 to 11 a.m. Anderson Street Chapel  
■ Wednesday  
3 to 5 p.m. LDS family social, Anderson Street

Chapel  
■ Wednesday  
7 to 8 p.m. LDS scripture study, Anderson Street Chapel

**ADDRESSES, PHONE NUMBERS**

**Anderson Street Chapel**  
2335 Anderson St., corner of Jackson Boulevard, 751-7032  
**Bayonet Chapel**  
9476 Kemper St., 751-6322/4542  
**Daniel Circle Chapel**  
3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478  
**Education Center**  
4581 Scales Ave.  
**Chaplain Family Life Center**  
5460 Marion Ave (to the side of the POV lot), 751-4961  
**Magruder Chapel**  
4360 Magruder Ave., 751-3883  
**Main Post Chapel**  
4580 Scales Ave., corner of Strom Thurmond Boulevard, 751-6469/6681  
**McCrady Chapel (SCARNG)**  
3820 McCrady Road (located at McCrady Training Center)  
**Memorial Chapel**  
4470 Jackson Blvd., 751-7324  
**Warrior Chapel (120th AG Bn.)**  
1895 Washington St., 751-5086/7427  
**Installation Chaplain's Office**  
4475 Gregg St., 751-3121/6318

*Saluting this Basic Combat Training cycle's honorees*

**DRILL SERGEANTS OF THE CYCLE**



**Staff Sgt. James Salavea**  
Company D  
1st Battalion,  
34th Infantry Regiment  
**HONOR GRADUATE OF THE CYCLE**  
Spc. Bryan Harding

**STUDENT LEADER OF THE CYCLE**  
Pfc. Destiny Davenport

**HIGH BRM**  
Pvt. Nickolas Rodriguez

**HIGH APFT SCORE**  
Pvt. Walberto Pagan



**Staff Sgt. John Puchalsky**  
Company E  
1st Battalion,  
34th Infantry Regiment  
**HONOR GRADUATE OF THE CYCLE**  
Pfc. Timothy Clemons

**STUDENT LEADER OF THE CYCLE**  
Pvt. Kayla Kurzynski

**HIGH BRM**  
Pvt. Bryce Teschendorf

**HIGH APFT SCORE**  
Pfc. Lana Linge



**Staff Sgt. Robert Scholle**  
Company F  
1st Battalion,  
34th Infantry Regiment  
**HONOR GRADUATE OF THE CYCLE**  
Pfc. Amber Burdine

**STUDENT LEADER OF THE CYCLE**  
Pvt. Abigail Bragg

**HIGH BRM**  
Pvt. Micah Whittaker

**HIGH APFT SCORE**  
Pvt. Cameron Meier

**SPECIAL RECOGNITION AWARDS OF THE CYCLE**

Staff Sgt. Caroline Burga-Bagwell  
Sgt. 1st Class Jeremy Mathis

Staff Sgt. Casey Sedivy  
Staff Sgt. Starzane Stevenson

**Weekly honors**



**BROWN**

**Spc. Galizzie Brown**  
Soldier of the week  
Third Army/ARCENT



**POPE**

**2nd Lt. Kari Pope**  
Distinguished honor graduate  
Basic Officer Leader Course  
Adjutant General School



**ALAMRI**

**1st Lt. Mohammed Alamri**  
**Saudi Arabia**  
Diplomatic award  
Basic Officer Leader Course  
Adjutant General School

**October Promotions**

GREER, Stuart C.	LTC	HERNANDEZ, Sergio	SSG
PETEFOX, Janet	MAJ	HERNDON, Heather M.	SSG
ARIZA, Tracy D.	CPT	JONES, Brian E.	SSG
BRENNAN, Michael P.	CPT	VANN, Kareisha L.	SSG
ABITUA, Jason D.	SFC	YATES, Shaquanya A.	SSG
ASH, Richard S.	SFC	FISHER, Shaneka S.	SGT
TURLEY, Joseph W.	SFC	JACKSON, Shane M.	SGT
VELIZ, Viviana M.	SFC	McCOY, Brittney L.	SGT
WIDEMAN, Stephanie	SFC	SMITH, Jessica L.	SGT
WILSON, James K.	SFC		

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