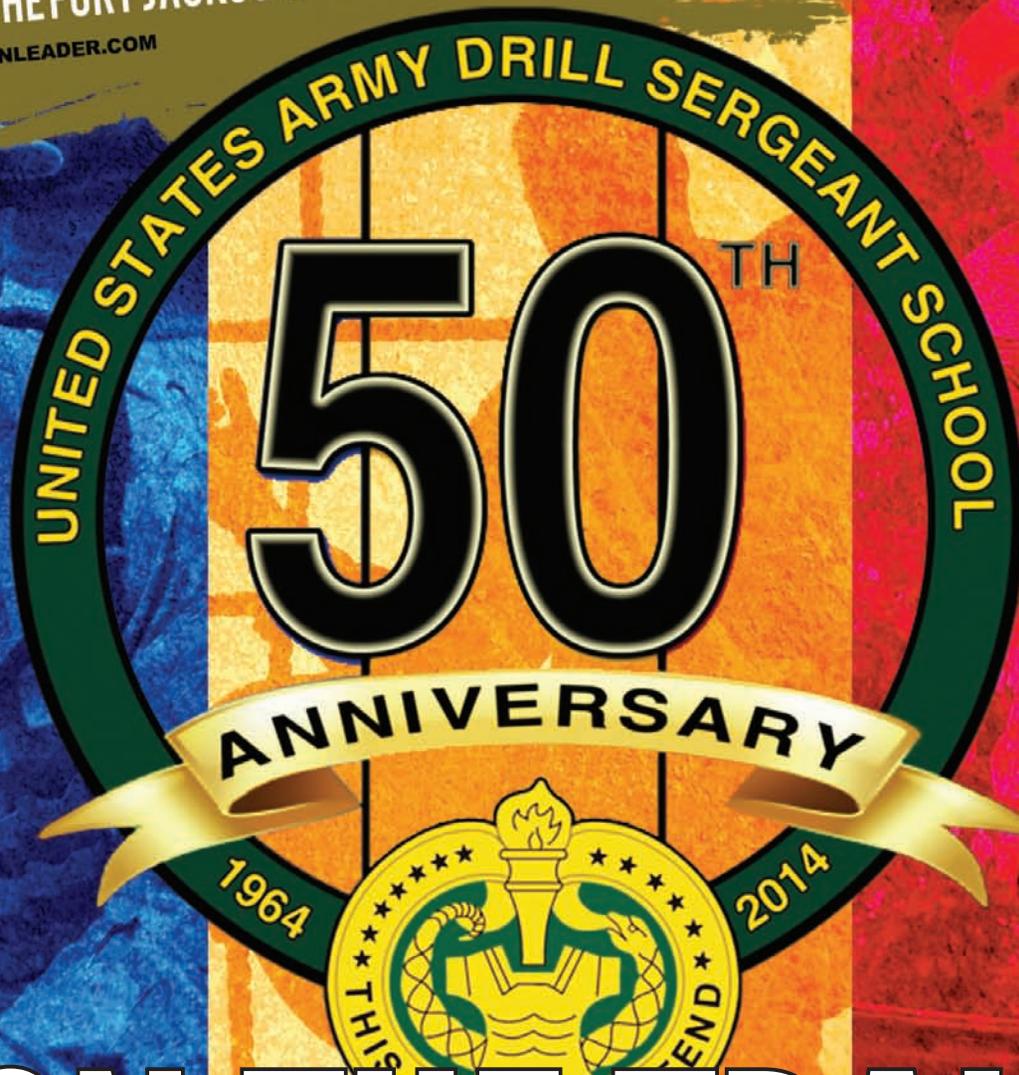


THURSDAY, SEPT. 18, 2014

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ON THE TRAIL

ARMY MARKS 50TH ANNIVERSARY OF DRILL SERGEANT SCHOOL

**SCHOOL INDUCTS FIRST
HALL OF FAME MEMBERS**

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PLATOON SERGEANTS OF 2014**

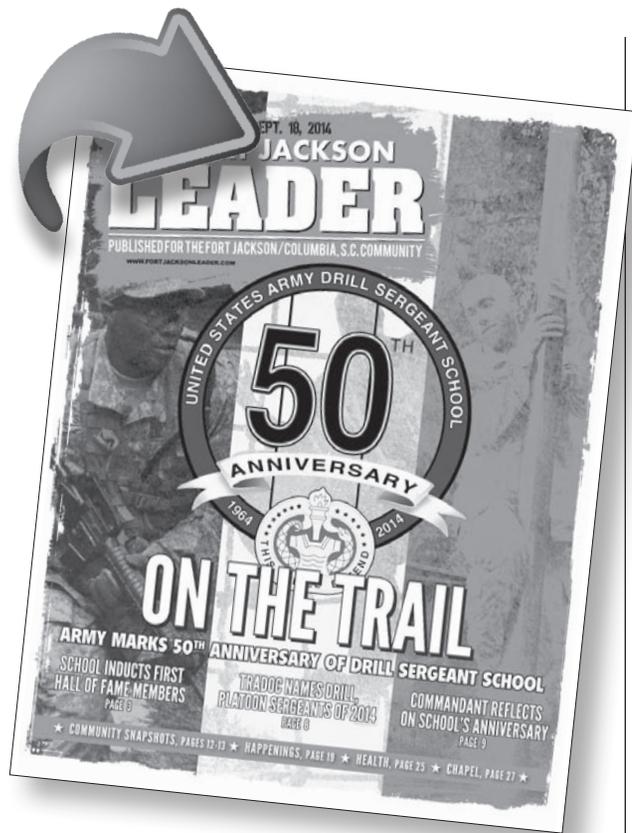
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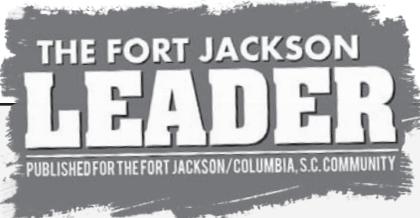
NEWS



ON THE COVER

Photo illustration by WALLACE McBRIDE

The Army drill sergeant program celebrated its 50th anniversary Friday after the conclusion of the Drill Sergeant of the Year competition. **SEE PAGE 3.**



Fort Jackson, South Carolina 29207

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2014 National Preparedness Month - September 2014

"Let us honor the strength our people show in times of adversity by preparing ourselves, our neighbors, our schools and our workplaces before disaster strikes."

~ President Barack Obama

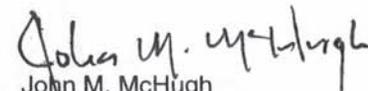
This September marks the eleventh annual observance of National Preparedness Month. Through the years, our Army has shown that by fostering a culture of preparedness we can make great strides in strengthening our ability to prepare for, mitigate, prevent, respond to and recover from the effects of natural or man-made disasters. From national disasters to violence in the workplace, the quick responses by our installations demonstrate the value of timely planning and partnership building with surrounding jurisdictions.

In order to ensure our Army stands ready to support the American people and our communities, we will continue to work in concert with the Department of Homeland Security and Federal Emergency Management Agency. Our collective efforts will enable us to respond appropriately in times of crisis. To reinforce individual responsibility for preparedness, we encourage everyone to participate in the National Preparedness Month and National Day of Action on September 30, 2014. We also urge everyone to "pledge to prepare" by applying the Ready Army tenets: *be informed, make a plan, build a kit and get involved*. Participate in "America's Prepareathon!" and visit the Ready Army website (<http://www.acsim.army.mil/readyarmy/>) to find out more on the actions you can take to support emergency preparedness and resilience. Your efforts have made a tremendously positive impact in the past, and your continued participation in preparedness activities will posture the Army to better serve America in the future.

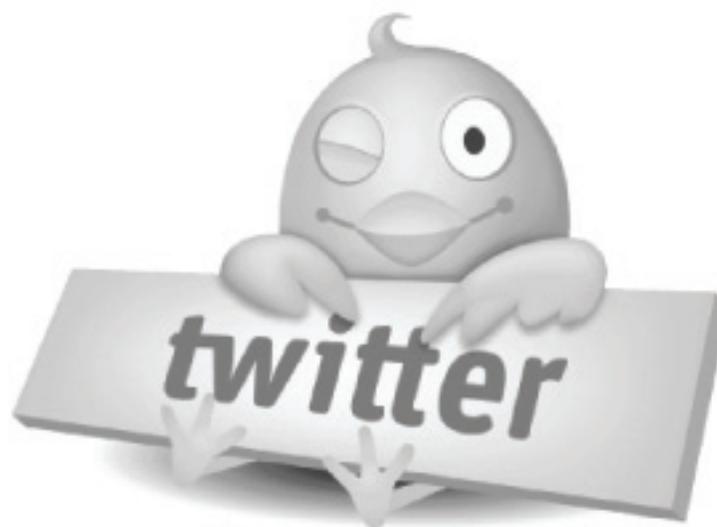
Responsibility for the safety and resiliency of our Army lies with each Soldier, Family and Civilian. Our commitment to national safety extends beyond our ranks and into our communities. Again, during this year's observance of National Preparedness Month, we encourage leaders to promote an atmosphere of local hazard identification, risk mitigation and all-hazard planning. Army Strong!


Raymond F. Chandler III
Sergeant Major of the Army


Raymond T. Odierno
General, United States Army
Chief of Staff


John M. McHugh
Secretary of the Army

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A 'year of firsts' for drill sergeants

Soldiers gather at Fort Jackson for school's 50th anniversary

By WALLACE McBRIDE
Fort Jackson Leader

The U.S. Army Drill Sergeant School celebrated its 50th anniversary last week. By its very nature, the milestone was meant to mark the years that had passed. Retired drill sergeants from around the country gathered at Fort Jackson to help commemorate the event, and Soldiers both old and new reflected on how the role of the Army's trainers has evolved since the school was established in 1964.

Command Sgt. Maj. Dennis Woods, command sergeant major for the U.S. Army Center for Initial Military Training at Fort Eustis, Virginia, said the school's history continues to inform the present and the future, and called 2014 a "year of firsts."

"What we want to do with this is have a reminder of the past that made possible our present, and we want to honor the past that makes possible our future," Woods said.

This year also saw the launch of a national Drill Sergeant Association, he said, during a ceremony at Fort Jackson Friday marking another new tradition — the opening of the Drill Sergeant Hall of Fame.

The first Soldiers to be inducted into the hall of fame are:

- Retired Command Sgt. Maj. Allan Glenn Carpenter
- The late Master Sgt. John F. Baker,
- Retired Command Sgt. Maj. John R. Calpena
- The late Staff Sgt. Clayton Patrick Bowen

"Nobody outside of the drill sergeant fraternity understands what a drill sergeant and his family goes through," said Carpenter, who was also the Army's first Drill Sergeant of the Year. "As a kid coming from the country, running around barefoot, to be in the Hall of Fame of drill sergeants ... I have never received an honor greater than that."

Calpena was present at last week's Hall of Fame ceremony under the impression that he would be a guest speaker, and said he was surprised by his induction.

"I had no expectation that I could make a career out of the military," he said. "I felt like I didn't have the same character as my parents and grandparents had ... I felt like I needed to suffer. The Army gave me exactly what I asked for and I loved it."

Inductees are nominated by peers and selected by a committee made up of leadership from U.S. Army Drill Sergeant School and U.S. Army Center for Initial Military Training, as well as Drill Sergeant Association members.

Photographs and biographies for Hall of Fame inductees are on display in the Bow-



Photos by WALLACE McBRIDE

Retired drill sergeants Isaac Thompson, left, and James Currie chat at the end of the Drill Sergeant Hall of Fame induction ceremony, held last Friday at the U.S. Army Drill Sergeant School. Retired drill sergeants were invited to not only attend the event, but to also wear their signature campaign hat.



Retired drill sergeant Joe Terrell reviews Fort Jackson publications from the 1960s, on display for the Drill Sergeant Hall of Fame Ceremony. Terrell was part of the first class to graduate from Drill Sergeant School in 1964.

en Room at the U.S. Army Drill Sergeant School.

"Each of you, as drill sergeants, has the opportunity to have your photo on this wall," Woods said. "All you have to do is

be nominated by a member. If you've improved the program, if you've improved the way Soldiers train, if you've improved the life of a Soldier, then that is something that will be honored."

Also part of the 50th anniversary celebration was the creation of a time capsule, which was on display during the Hall of Fame induction ceremony.

"We want your stories, drill sergeants," Woods said. "Everything you've done in the past. Give us some of your history — your time on the trail — and we'll take it and place it in our time capsule. We want to secure your story and make it available in the future."

The time capsule is scheduled to be opened in 2039, the 75th anniversary of the drill sergeant program. Submissions for the time capsule are accepted at www.army-drillsergeants.com.

The Army's first drill sergeant school opened at Fort Leonard Wood, Missouri, in 1964. The pilot program was launched a year earlier at Fort Jackson, where officers and NCOs were selected to participate in testing revised training concepts. The program's success resulted in the formation of the drill sergeant schools. In 2011, the newly-constructed U.S. Army Drill Sergeant School opened at Fort Jackson, where the consolidated school's first class graduated in 2012.

Milton.W.McBride3.ctr@mail.mil

TRADOC leads innovation in OPSEC training

TRADOC

FORT EUSTIS, Va. — With recent cuts and budget tightening, every organization within the Army is doing its best to accomplish the mission with fewer resources.

By developing innovative processes, the U.S. Army Training and Doctrine Command Operations Security team has increased the effectiveness of the organization's Operations Security, or OPSEC, efforts and initiated a new program using cost-effective methods to help protect Soldiers and sensitive information.

Army Regulation 530-1, Operations Security, mandates units at battalion level or higher, must have an assigned Level II OPSEC officer. These OPSEC officers perform a vital role in building an effective program, which helps protect the unit's critical and sensitive information; and trains, informs and advises unit personnel on compliance with Army policies and procedures.

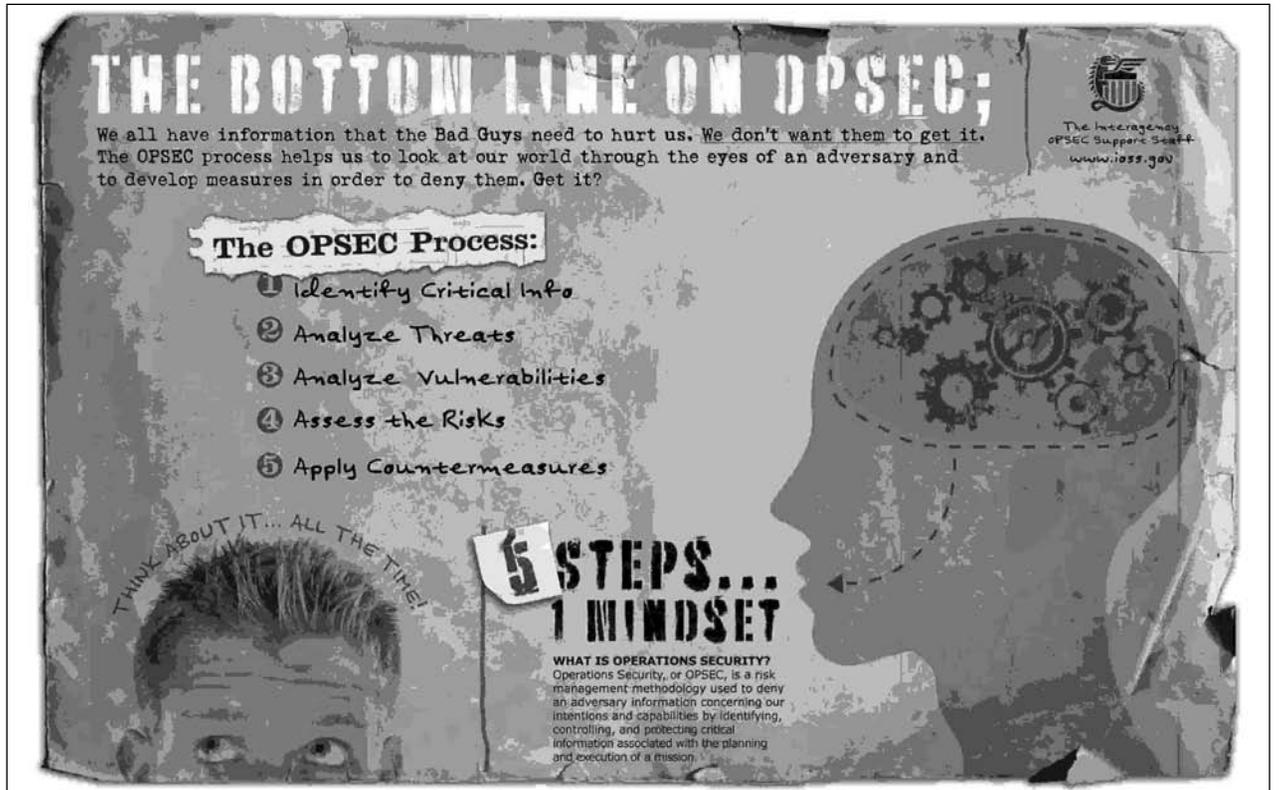
A Soldier or civilian must attend a three-day Headquarters DA OPSEC Program manager to get some of our personnel Level III instructor qualified so that we could teach our own courses. DA's OPSEC Support Element, or OSE, began the process to certify our OPSEC officers at some major installations. This certification requires not only teaching skills, but also a vast knowledge of OPSEC and its relationship to other supporting security disciplines," he said.

Meeting the need to have qualified, trained Level II instructors can be costly.

"That's where we got smarter. We realized we had to get OPSEC officers trained, and we had to do it with little to no resources," said David Speigner, TRADOC's OPSEC officer.

"A few years ago, we started working with the Headquarters DA OPSEC Program manager to get some of our personnel Level III instructor qualified so that we could teach our own courses. DA's OPSEC Support Element, or OSE, began the process to certify our OPSEC officers at some major installations. This certification requires not only teaching skills, but also a vast knowledge of OPSEC and its relationship to other supporting security disciplines," he said.

According to Speigner, the certification course has one



of the hardest exams in the Army, with only a 50 percent pass rate.

"Our OPSEC officers took up the challenge, and we now have Level III instructors at 12 of our 14 installations. These installations can now run OPSEC Level II classes as needed, with some conducting several a year. By next year, we hope to fill the remaining two sites, and then maintain those instructors over time," Speigner said.

TRADOC can now train more people at less cost, and also offer support to other units within their local area, according to Speigner.

"TRADOC leads the way within the Army on

numbers of trained and qualified OPSEC instructors. More importantly, the organization is looking forward to establishing partnerships with other Army commands to facilitate Level III OPSEC-trained instructors," he said.

"Becoming an instructor provides no additional pay or promotion. It takes long hours of preparation and (passing) a tough test, with a less than 50 percent pass rate. Why would someone take on this challenge?" Speigner asked.

"Because they care about the mission and they care how OPSEC supports it. They do it so they can provide their commander with his own internal training asset, and it doesn't cost him anything but some time," he said.

Preventing the flu

Maj. Gen. Bradley Becker receives his flu shot from Spc. Olivia Resendez, Moncrief Army Community Hospital, Tuesday. MACH will host a number of flu shot clinics around Fort Jackson throughout flu season in addition to administering vaccines at the hospital.

Photo by DAVID SHANES, command photographer



Two Vietnam Soldiers receive MoH

By **DAVID VERGUN**
Army News Service

WASHINGTON — Retired Command Sgt. Maj. Bennie Adkins and Spc. 4 Donald Sloat were each awarded the Medal of Honor for valor in Vietnam.

President Barack Obama presented the medals during a ceremony in the East Room of the White House Monday. Adkins was present to receive his medal and Sloat received his posthumously. Bill Sloat, Donald's brother, accepted it on his behalf.

"Normally, the Medal of Honor must be awarded within a few years of the action. But sometimes even the most extraordinary stories can get lost in the fog of war, or the passage of time," Obama said. "Yet, when new evidence comes to light, certain actions can be reconsidered for this honor, and it is entirely right and proper that we have done so."

He then detailed each of their acts of heroism.

SPC. 4 DON SLOAT

Sloat grew up Coweta, Oklahoma. "And, he grew big — to over 6-foot-4." He loved football, and played for a year at a junior college. Then he decided to join the Army. But when he went to enlist, he didn't pass his physical because of high blood pressure. "So he tried again, and again, and again. In all, he took the physical maybe seven times until he passed — because Don Sloat was determined to serve his country," Obama said.

In Vietnam, Sloat became known as one of the "most liked and reliable guys in his company. Twice in his first months, his patrol was ambushed," the president said. "Both times, Don responded with punishing fire from his machine gun, leaving himself completely vulnerable to the enemy. Both times, he was recognized for his bravery. Or as Don put it in a letter home, 'I guess they think (that) I'm really gung-ho or something.'"

One morning in 1970, Sloat and his squad set out on patrol, "past that rice paddy, down that trail, when those shots rang out. When the lead Soldier's foot tripped that wire and set off the booby trap, the grenade rolled right to Don's feet. And at that moment, he could have run. At that moment, he could have ducked for cover. But Don did something truly extraordinary," Obama said.

"He reached down and he picked that grenade up," he continued. "And he turned to throw it, but there were Americans in front of him and behind him — inside the kill zone. So Don held on to that grenade, and he pulled it close to his body. And he bent over it. And then, as one of the men said, 'all of a sudden there was a boom.'"

The blast threw the lead Soldier up against a boulder, the president said. Men were riddled with shrapnel. Four were medically evacuated out, but everyone else survived.

"Don had absorbed the brunt of the explosion with his body," the president said. "He saved the lives of those next to him. And today, we're joined by two men who were with him on that patrol: Sgt. William Hacker and Spc. Michael Mulheim.

"For decades, Don's family only knew that he was killed in action," Obama continued. "They'd heard that he had stepped on a land mine. All those years, this Gold Star family honored the memory of their son and brother, whose name is etched forever on that granite wall not far from here. Late in her life, Don's mother, Evelyn, finally learned the full story of her son's sacrifice. And she made it her mission to have Don's actions properly recognized.

"Sadly, nearly three years ago, Evelyn passed away. But she always believed — she knew — that this day would come," Obama concluded.



U.S. Army photo by STAFF SGT. BERNARDO FULLER

President Barack Obama bestows the Medal of Honor to retired Command Sgt. Maj. Bennie Adkins in the East Room of the White House Monday. Adkins distinguished himself during 38 hours of close-combat fighting against enemy forces on March 9 to 12, 1966.

COMMAND SGT. MAJ. BENNIE ADKINS

Adkins makes his home in Opelika, Alabama, where he tends a garden or sails his pontoon boat out on the lake, the president began. "He's been married to Mary for 58 years, and is a proud father of five, grandfather of six. At 80, he's still going strong."

In the spring of 1966, Bennie was just 32 years old, on his second tour in Vietnam. He and his fellow Green Berets were at an isolated camp along the Ho Chi Minh Trail. A huge North Vietnamese force attacked, bombarding Adkins and his comrades with mortars and white phosphorus, Obama said.

"At a time, it was nearly impossible to move without being wounded or killed. But Bennie ran into enemy fire again and again — to retrieve supplies and ammo; to carry the wounded to safety; to man the mortar pit, holding off wave after wave of enemy assaults. Three times, explosions blasted him out of that mortar pit, and three times, he returned," the president said.

"I have to be honest. In a battle and daring escape that lasted four days, Bennie performed so many acts of bravery we actually don't have time to talk about all of them," he said.

On the first day, Adkins was helping load a wounded American onto a helicopter. An enemy soldier jumped in the helicopter and aimed his weapon directly at the wounded Soldier, preparing to shoot. "Bennie stepped in, shielded his comrade, placing himself directly in the line of fire, helping to save his wounded comrade," the president said.

At another point in the battle, Adkins and a few other Soldiers were trapped in a mortar pit, "covered in shrapnel and smoking debris," he said. Their only exit was blocked by enemy machine gun fire. "So, Bennie thought fast. He dug a hole out of the pit and snuck out the other side. As another American escaped through that hole, he was shot

in the leg. An enemy soldier charged him, hoping to capture a live POW and Bennie fired, taking out that enemy and pulling his fellow American to safety."

By the third day of battle, Adkins and a few others had managed to escape into the jungle. "He had cuts and wounds all over his body, but he refused to be evacuated," Obama said. "When a rescue helicopter arrived, Bennie insisted that others go instead. And so, on the third night, Bennie, wounded and bleeding, found himself with his men up on that jungle hill, exhausted and surrounded, with the enemy closing in. And after all they had been through, as if it weren't enough, there was something more — you can't make this up — there in the jungle, they heard the growls of a tiger.

"It turns out that tiger might have been the best thing that happened to Bennie," the president continued. "(Bennie) says, 'the North Vietnamese were more scared of that tiger than they were of us.' So the enemy fled. Bennie and his squad made their escape. And they were rescued, finally, the next morning."

The president concluded:

"In Bennie's life, we see the enduring service of our men and women in uniform. He went on to serve a third tour in Vietnam, a total of more than two decades in uniform. After he retired, he earned his master's degree — actually not one, but two — opened up an accounting firm, taught adult education classes, (and) became national commander of the Legion of Valor veterans organization.

"Bennie will tell you that he owes everything to the men he served with in Vietnam, especially the five who gave their lives in that battle. Every member of his unit was killed or wounded.

"Today, we're joined by some of the men who served with Bennie, including Maj. John Bradford, the Soldier that Bennie shielded in that helicopter, and Maj. Wayne Murray, the Soldier Bennie saved from being captured."

TRADOC names DSoY, PSoY

By **JONATHAN (JAY) KOESTER**
NCO Journal

The final day of the 2014 Drill Sergeant and AIT Platoon Sergeant of the Year competitions began with the nominees going through a formal board, and ended with the announcement of the winners Sept. 11 at the Solomon Center.

The 2014 Drill Sergeant of the Year is Staff Sgt. Jonathan Miller of the 787th Military Police Battalion, 14th MP Brigade, at Fort Leonard Wood, Missouri.

The 2014 Army Reserve Drill Sergeant of the Year is Staff Sgt. Christopher Croslin of the 95th Training Division, U.S. Army Reserve, at Norman, Oklahoma.

The 2014 AIT Platoon Sergeant of the Year is Sgt. 1st Class Thomas Russell of B Battery, 1st Battalion, 78th Field Artillery Regiment, at Fort Sill, Oklahoma.

“Collectively, it was a tremendous display of effort,” said Command Sgt. Maj. Lamont Christian, commandant of the U.S. Army Drill Sergeant School. “They never wavered and continued to push each other forward.”

Christian said competition for a spot in the event takes

place all year.

“Typically, (drill sergeants and platoon sergeants) compete every quarter for one of those positions, to be recognized as the Drill Sergeant or AIT Sergeant of the Quarter,” he said. “They’ll continue to compete in the brigade and installation level and eventually the Army Training Center level. They’re then recommended within that 12-month period to become a competitor in the TRADOC competition.”

Miller, who also took home the 1st Sgt. Tobias Meister Award for achieving the highest score on the Army Physical Fitness Test during the competition, talked about the emotions he felt when he heard his name called.

“I knew it was a tight race from the very beginning,” he said. “Really, to hear my name called, was overwhelming. I was filled with emotions, a lot of pride, honor. This competition was truly the most difficult, most challenging, the best competition that I’ve ever been a part of. So for that, I’d like to thank Drill Sergeant (David) Stover (2013 Drill Sergeant of the Year) and Drill Sergeant (Ryan) McCafrey (2013 Army Reserve Drill Sergeant of the Year) and their team for really putting together a tough, awesome competition.”

Now Miller steps into Stover’s shoes. The three winners move into new jobs at the strategic level at U.S. Army Training and Doctrine Command, a special perk of winning this competition. Miller said he was looking forward to his new role.

“As we move forward, as we progress, as our Army evolves, I just want to make sure our Soldiers, our NCOs, our officers are getting the very best training,” he said. “I want to make sure that we continue to develop the absolute greatest training for our Soldiers.”

For Russell, the applause of the crowd after his name was announced was lost in the thrill of victory.

“My heart was pounding all the way up until my name was said,” he said. “Then the immediate rush was gone, and it was complete silence. I couldn’t hear a thing. It means a lot. I hope I can get up there and change how things are run and better the program.”

As for his new position at TRADOC, Croslin said he was honored to be able to step into such an important role for the Army.

“I’m definitely looking forward to doing big things for the Army,” he said. “It’s one thing to be able to be part of a Soldier’s life when you are training (him or her) at basic training. You have 60 Soldiers at a time, and to be able to train those Soldiers and know that your training is personally affecting the rest of their careers — and you are setting the foundation for the rest of their careers — it’s important. Well, now we’re in a position where we are affecting the entire Army. We’re affecting all the training that goes on in the Army. To be able to even make a little bit of a shift in the positive direction with your influence is phenomenal. It’s such an honor to be in such a big position in the greatest force in the world.”

See **DSOY**: Page 16



Commandant reflects on DSS anniversary

By **LISA FERDINANDO**
Army News Service

WASHINGTON — Looking back, Command Sgt. Maj. Lamont Christian pretty much knew from day one in the Army that he wanted to be a drill sergeant.

His life has come full circle from a recruit at Fort Jackson in 1984, to head of the U.S. Army Drill Sergeant School.

Last week, the school marked its 50th anniversary and held its annual competitions for drill sergeant of the year and Advanced Individual Training platoon sergeant of the year.

The competitors were graded on tactical events, academic and oral board events, physical readiness training, and other events to decide the best of the best, Christian said.

It is a great responsibility being a drill sergeant, as they are charged with turning civilians into Soldiers and molding the future of the Army, he said.

Christian said he is still in “awe” being around the noncommissioned officers who pass through the school.

“I’ve been doing this job since May, I was told about it a year ago, and my heart still beats fast some days when I do something as simple as run with the formation,” he said.

The leaders of tomorrow’s Army stand among the ranks of the recruits at Basic Combat Training, he said. Although a drill sergeant may not always remember each of the recruits over the years, a Soldier will always have memories of his or her drill sergeant.

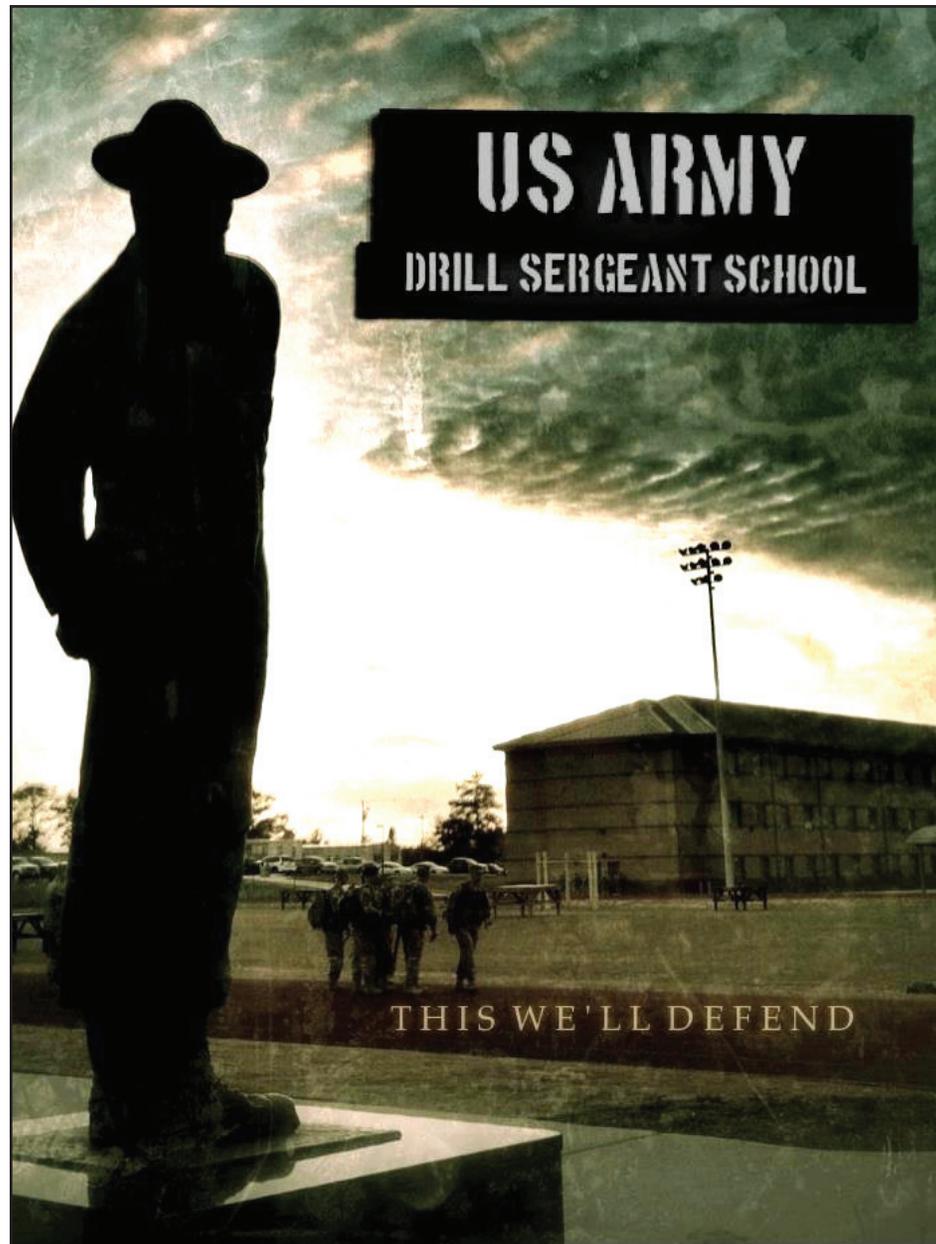
“That Soldier, the day that (he or she) becomes a battalion commander, will remember you. That Soldier, the day that (he or she) becomes a command sergeant major, will remember you,” he said.

Christian said he knew in basic training that his calling was to be a drill sergeant.

“My heart just pounded with the desire to say, ‘This is what I want to be one day,’” he said, before emphasizing: “No, it’s not even what I ‘WANT to be,’ — ‘I HAVE to be this one day.’”

Christian, whose father was a paratrooper at Fort Bragg, North Carolina, said he had “no desire whatsoever” growing up to join the military.

“I joined the reserves at first with the desire just to do a couple of years and that was it, just give myself an opportunity to get stable and



financially figure out the rest of my way through college,” he said.

Then a “light went off.”

He credits his drill sergeant with molding him into the noncommissioned officer he is today.

In basic training graduation, the drill sergeant voted him “most likely to become a drill sergeant” and presented Christian with a drill sergeant badge.

“On the day that I graduated from Drill Sergeant School, that’s the drill sergeant badge I wore on my uniform,” he said.

ARMY LEADER

Consistency, professionalism and motivation are just a few of the traits of a good drill sergeant, Christian said.

He said he’s very proud of what he sees in today’s drill sergeants and drill sergeant leaders.

“Having served as a drill sergeant leader myself, it took me a while



CHRISTIAN

to really get a full understanding of what my role and function as a drill sergeant leader was to be,” he said.

He realized he had to provide the future drill sergeants with tools and knowledge that would make their job “not necessarily easier but less stressful and more efficient to allow them the ability to transform civilians into Soldiers,”

he said.

“There’s a level of efficiency that you need to be able to do that when you’re talking about 55 Soldiers who were civilians two weeks prior to that,” Christian said.

Never pass an opportunity to share knowledge with the Soldiers, as you never know how your words or actions will live on, he said.

Case in point: his cadence “Hard Work” is featured on iTunes and in a Gatorade commercial. It was a total surprise to him, he said.

He has watched videos where children are “jumping around and clapping and just falling all over the living room floor” when the cadence comes on, he said.

“They just hear the cadence in the background and they love it. You don’t know what impact you will have on the future as a drill sergeant on a daily basis.”

DRILL SERGEANT LEADER

Having to wake up at 3 a.m. or 3:30 a.m. and be on point all day, a drill sergeant must be a highly motivated person who can lead and who knows the Army inside and out, said Sgt. 1st Class Matthew Torres, a drill sergeant leader.

A drill sergeant must be patient and able to deal with a wide range of backgrounds, Torres said.

“You have some Soldiers who have their PhDs, you have some Soldiers who have their GEDs; you have some Soldiers who were pampered for their entire life, and you have other Soldiers who have really been the head of the house ever since they were probably 12 or 13,” he said.

“Everybody is on a different learning curve,” he said.

It’s a demanding job, and drill sergeants must go to work no matter how they feel.

“It’s very long hours,” he said.

“I look for motivation, someone who is going to be motivated, someone who’s going to want to wake up and get the job done, whether (he’s) sick or feeling healthy, or (she’s) having a good day or a bad day because you have 50 to 60 Soldiers who are relying on you.”

As a recruit at Fort Sill, Oklahoma, Torres never thought he would become a drill sergeant.

He thought his drill sergeants were “animals” and were “carved out of stone,” he said. “I didn’t think anyone raised them; I thought they just came out already as drill sergeants.”

To him, it seemed liked they didn’t eat or sleep — they just knew how to run, shoot and teach; “they knew how to yell at us, they knew how to get us motivated,” he said.

But he acknowledged that everything they did was for a reason, and said he keeps in touch with all of them and tells them, “Thank you,” for everything they did in molding him.

“I remember them actually teaching us and actually showing us how to do tasks. My drill sergeants didn’t just yell just to yell, they were wanting to teach us and that is what really helped,” Torres said.



Photo by WALLACE McBRIDE

From left, Maj. Gen. Bradley Becker, Fort Jackson's commanding general, Post Command Sgt. Maj. William Hain and Staff Sgt. Christina Stentiford, Fort Jackson's NCO of the Year, salute during the wreath-laying ceremony commemorating the victims of the 9/11 attacks Sept. 11 in front of Post Headquarters.

Fort Jackson remembers Sept. 11



Photo by WALLACE McBRIDE



Photo by SGT. KANDI HUGGINS, 81st Regional Support Command

Left, Boy Scouts from Fort Jackson's Troop 89 raise the American flag in front of C.C. Pinckney Elementary School Sept. 11 as part of the school's 9/11 remembrance ceremony. Above, Maj. Gen. Gill Beck, commanding general of the 81st Regional Support Command, acknowledges those who were affected by the events of 9/11 during the First Responders Memorial Ceremony at the Columbia Metropolitan Convention Center Sept. 11.

Get college credits for life experience

Fort Jackson Employment Readiness Program

Not all learning takes place in the classroom. The knowledge acquired through life and work experience is extremely valuable and may be worth college credit.

LearningCounts for the DoD Spouse Education and Career Opportunities program, or SECO, is a new initiative to help military spouses earn college credit for knowledge and expertise gained through life and work experience.

LearningCounts is an online service that helps military spouses identify college-level learning gained from volunteer and community service; work experience; training programs; military service; and independent study. The online courses guide participants in building an online



learning portfolio that is evaluated for college credit.

The program is a great opportunity for spouses who

- are strong writers or have taken a basic college-level writing course;

- have completed at least one other online course or have good computer skills and will feel comfortable completing an online course;

- have several years of work, volunteer or other life experience in an area that aligns with college coursework, e.g. communications, management, information technology, marketing, health care or merchandising.

The program is open to spouses of active duty, National Guard and Reserve service members in the Army, Marine Corps, Navy and Air Force; to spouses of service members who separated from the military fewer than 180 days ago; and to spouses of service members who died while on active duty.

The LearningCounts program is scheduled to begin this fall. For more information, email moreinfo@learningcounts.org.

News and Notes

HISPANIC HERITAGE MONTH

A luncheon in observance of Hispanic Heritage Month is scheduled from 11:30 a.m. to 1 p.m., Friday at the NCO Club. The theme is, "Hispanics: A legacy of history, a present of action and a future of success." Tickets cost \$10.50. For more information, contact your unit equal opportunity leaders or the Equal Employment Opportunity Office.

CHANGE OF RESPONSIBILITY

Command Sgt. Maj. Frank Rael IV will relinquish responsibility of the 3rd Battalion, 13th Infantry Regiment to Command Sgt. Maj. Philip Blaisdell in a ceremony 10 a.m., Friday at Victory Field. In case of inclement weather, the ceremony will be in the Officers' Club. To RSVP, call 751-7551.

DO IT IN PINK

The fifth annual Do It In Pink aerobathon in support of breast cancer awareness is scheduled from 10 a.m. to 2 p.m., Saturday at the Solomon Center. Admission is free. Participants are encouraged to wear pink workout clothes. Among the

activities are Zumba, resistance training, soul line dancing and flash mobs. For more information, call 751-5768.

SESAME STREET PERFORMANCE

The Sesame Street/USO Experience for Military Kids will be on Fort Jackson for four shows. Performances are scheduled at 2 and 5 p.m., Oct. 5; and at 4:30 and 7 p.m., Oct. 6 at the Solomon Center. For more information, visit www.uso.org/sesame.

FAMILY FIELD DAY

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

HEALTHY RELATIONSHIP BINGO

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

Information subject to change.

Reel Time Theaters

We're saving a seat for you.

Ft. Jackson Movie Schedule

PH (803)751-7488

Adult \$5.50/Child (6-11): \$3.00

3D: Adult \$7.50/Child (6-11): \$5.00

3319 Jackson BLVD

Ticket sales open 30 minutes prior to each movie

Movie times and schedule are subject to change without notice

Friday September 19
Teenage Mutant Ninja Turtles (PG-13) 7 p.m. 1h 41m

Saturday September 20
Expendables 3 (PG-13) 1 p.m. 2h 6m
Let's Be Cops (R) 4 p.m. 1h 44m

Sunday September 21
Let's Be Cops (R) 1 p.m. 1h 44m
If I Stay (PG-13) 4 p.m. 1h 47m

Wednesday September 24
Let's Be Cops (R) 1 p.m. 1h 44m
TMNT (PG-13) 4 p.m. 1h 41m

Friday September 26
The Giver (PG-13) 7 p.m. 1h 37m

Saturday September 27
Frank Miller's: Sin City: A Dame to Kill For (R) 1 p.m. 1h 42m
The Giver (PG-13) 4 p.m. 1h 37m

Sunday September 28
The Giver (PG-13) 1 p.m. 1h 37m
Expendables 3 (PG-13) 4 p.m. 2h 6m

Wednesday October 1
Teenage Mutant Ninja Turtles (PG-13) 1 p.m. 1h 41m
The Giver (PG-13) 4 p.m. 1h 37m

Friday October 3
The November Man (R) 7 p.m. 2h 18m

Saturday October 4
As Above So Below (R) 1 p.m. 2h 20m
The November Man (R) 4:30 p.m. 2h 18m

Sunday October 5
The November Man (R) 1 p.m. 2h 18m
When the Game Stands Tall (PG) 4:30 p.m. 1h 55m

Wednesday October 8
The Giver (PG-13) 1 p.m. 1h 37m
The November Man (R) 4 p.m. 2h 18m

Friday October 10
When the Game Stands Tall (PG) 7 p.m. 1h 55m



Photo by DAVID SHANES, command photographer

Scholarships awarded

Maj. Gen. Bradley Becker, center, Fort Jackson's commanding general, presents scholarships worth \$925 each to Sgt. Sandra San Roman, 120th Adjutant General Battalion (Reception), and Staff Sgt. Benson Uche, Fort Jackson Student Detachment, Friday. The scholarships were awarded by the 100th Infantry Division Association.

Yard of the Month

Staff Sgt. Warren Smith, Headquarters and Headquarters Company, Army Training Center, and his wife, Miriam, are The Yard of the Month grand prize winners for September. They received a certificate of appreciation signed by the garrison commander, a trophy, reserved parking at the Exchange and Commissary for the month, dinner coupons, movie passes and a \$50 gift card. Pictured are, from left, Col. Michael Graese, garrison commander; Miriam Smith; and Garrison Command Sgt. Maj. Rod Celestaine.

Courtesy photo





Photo by WALLACE McBRIDE

Battle training

Soldiers with Company E, 3rd Battalion, 13th Infantry Regiment, go over battle strategies using rocks and other props at the Confidence Course Sept. 10. The Soldiers are scheduled to graduate from Basic Combat Training Oct. 9.



Courtesy photo

Strong bonds

Approximately 20 families from the 3rd Battalion, 34th Infantry Regiment attended a Strong Bonds retreat at Beech Mountain, North Carolina. The families worked on improving communications and building teamwork. While not attending courses, families enjoyed whitewater rafting, zip lining, winery tours and trips to Grandfather Mountain.

Women sought for Ranger assessment

By **GARY SHEFTICK**
Army News Service

WASHINGTON — The Army is asking for female volunteers to possibly attend a Ranger course in the spring.

A final decision will be made in January on whether or not to actually conduct the one-time assessment, officials said. Since the Army needs to identify, select and begin training for potential participants, two “All Army Activity” or ALARACT, messages are being sent to the field asking for volunteers.

The Ranger assessment course would train men and women together in order to help prepare institutions, schools and leaders for future integration decisions, according to Army G-1 officials at the Pentagon.

The assessment course would be open to all women in the ranks of specialist to major, if they can meet the physical qualifications and prerequisites.

Female observers would also be needed to serve as advisors to the Airborne and Ranger Training Brigade. Staff sergeants to master sergeants would be eligible, along with chief warrant officers 2 and 3, first lieutenants, captains and majors. The deadline to submit selection packets is Oct. 10. Potential students and observers will be identified in December.

Current Ranger course standards will remain the same for all students, said G-1 officials. Prerequisites, phase performance requirements and graduation standards would not change for the assessment.

“We will be prepared to execute the assessment professionally and objectively, if directed,” said Maj. Gen. Scott Miller, commanding general of the Maneuver Center of Excellence and Fort Benning.

All female candidates would be required to attend the Army National Guard Ranger Training and Assessment Course, known as RTAC, conducted at Fort Benning, Georgia, prior to the assessment course.

Women who volunteer to serve as observers for the Ranger course must also undergo a selection process that includes a fitness test, land navigation, a combat water survival assessment, an operations order test, 12-mile road march with 35-pound rucksack, and review boards.

The women will not be Ranger instructors during the assessment, but as observers they will need to be able to keep up with the students and instructors.

Women who complete the Ranger assessment course



U.S. Army photo by JOHN D. HELMS

Ranger trainees demonstrate teamwork during a raft assault in 2012. The Army is now calling for female volunteers to possibly attend a Ranger assessment course in the spring.

as students will be awarded the Ranger tab to wear, but will not be awarded associated Ranger skill identifiers due to restrictions in Title 10, U.S. Code, Section 652. The decision to change that or not is scheduled to be made by the secretary of Defense no later than Jan. 1, 2016 when he determines if women will be permitted to become infantry Soldiers and serve in other closed military occupational specialties.

SOLDIER 2020

The secretary of Defense revoked the direct ground combat rule, Jan. 24, 2013, following a unanimous recommendation by the Joint Chiefs of Staff. The Army and other services were given until January 2016 to implement changes and submit requests to exclude specific military occupational specialties from the ban being lifted.

In May of 2012, the Army announced it would open six military occupational specialties, or MOSs, that were previously closed to women. This opened combat-related jobs in 37 battalions across nine brigade combat teams.

The six MOSs opened were 13M Multiple Launch Rocket System crewmember, 13P MLRS operations/fire direction specialist, 13R Field Artillery Firefinder Radar operator specialist, 91A M1 Abrams tank system maintainer, 91M Bradley Fighting Vehicle system maintainer and 91P Artillery mechanic.

Over the past year, TRADOC has been conducting a Physical Demands Study to develop gender-neutral standards for tasks performed by combat MOSs. The study is part of Soldier 2020, the Army’s initiative to look at integrating women into previously closed MOSs such as infantry, combat engineer, field artillery and armor.



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Dispose of unused drugs Sept. 27

By **LESLIE SWEENEY**

IMCOM Army Substance Abuse Program

SAN ANTONIO — Nearly one out of 20 Soldiers misuses painkillers, according to the website Army Thin Line.

The website is part of a campaign designed to educate Soldiers, their friends and families and the provider community about the dangers of prescription drug misuse and abuse. Army Thin Line encourages safe and responsible decisions when using prescription drugs with the goal of reducing the prevalence of prescription drug misuse and abuse in the Army community. The Army and the Department of Defense support this initiative.

According to the website, it's not always easy to know if you have crossed the line from proper use to misuse when taking prescription drugs. Misuse is taking a medication in a way not directed by your doctor, but still trying to treat a condition or symptom for which the medication was originally prescribed. Abuse is taking the medication in a way not intended by the prescribing doctor, or for the experience or feeling of getting high.

IMCOM garrisons are committed to a drug-free community. Many garrisons participate in The National Pre-

scription Drug Take-Back Day. The semi-annual event aims to provide a safe, convenient and responsible means for disposing of prescription drugs while educating the public about the potential for abuse.

National Prescription Take-Back Day, an initiative of the United States Drug Enforcement Administration, started in 2010. It encourages American citizens to turn in unused or expired prescribed medications at designated locations for proper disposal.

The next Take-Back Day takes place Sept. 27. Fort Jackson community members may turn in their medications from 10 a.m. to 2 p.m. at the Main Exchange.

Army installations across the United States are partnering with the U.S. DEA and state and local law enforcement agencies.

"We are very pleased that our garrisons, to include Alaska and Hawaii, have participated in National Prescription Take-Back Day and made the take-back day events a big success," said Pamela Budda, IMCOM Army Substance Abuse Program chief.

IMCOM garrisons have participated in seven National Prescription Take Back Days so far, resulting in the safe collection and disposal of more than 32,000 pounds of prescription drugs.

Military installations will provide drop off locations

for all active duty service members, family members, civilian employees and retirees to anonymously turn in medications or prescription drugs.

"This is a tremendous opportunity for Soldiers, families and civilians to safely dispose of their medications," Budda said. "I encourage all of you to support your local National Prescription Take-Back Day collection site and turn in your unused and unwanted medications. Help us eliminate the risk of prescription drug abuse or accidental poisoning."

Each garrison's ASAP program will serve as the installation point of contact and coordinate proper medication handling and disposal. Installations will have certified law enforcement personnel present at drop-off locations for the duration of National Prescription Take Back Day activities.

For more information about the National Prescription Drug Take-Back Day or to find a drop-off location, visit the DEA Web site at: www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html or contact your local Army Substance Abuse Program representative.

Additionally, ASAP encourages everyone to visit It's a Thin Line for additional resources for dealing with prescription drug use, misuse and abuse at <https://www.armythinline.org>.

DeCA reminds patrons to handle food safely

By **KEVIN L. ROBINSON**

Defense Commissary Agency

FORT LEE, Va. — Food safety is a group hug when you consider everyone who has a role in protecting consumers from foodborne illnesses.

For the Defense Commissary Agency, that process begins where the food originates and continues all the way to the store shelf. However, during September, National Food Safety Education Month, DeCA is reminding its patrons that they also play a significant role in food safety at home.

"From the store to their kitchen table, our patrons should 'Be Food Safe' against potential harmful bacteria," said Col. Michael Buley, DeCA's director of public health and safety.

Every day a network of military and civilian food safety specialists is engaged in a multitiered inspection process designed to safeguard commissary products from any potential security and sanitation problems. That entire process can be undone if commissary patrons don't pay attention to the basic principles of "Be Food Safe," said Richard Stith, DeCA's lead consumer safety officer.

"Food safety isn't just about cooking temperatures," Stith said. "It's the entire process from 'Farm to Fork,' which includes how you as a consumer treat your food once purchased until it's served at the table.

"If you have several stops to make while you're out shopping — like the Exchange, the gas station and the medical clinic — do that before you hit the commissary to decrease the risks of temperature abusing your food, which increases the probability of dangerous microbial growth that can turn into a foodborne illness," he said.



"Once you purchase your perishable items, remember to keep cold items cold and hot foods hot."

The "Be Food Safe" message of clean, separate, cook and chill are the foundation of a patron's food safety defense at home, Stith said. The Centers for Disease Control and the U.S. Department of Agriculture-Food Safety Inspection Service recommend the following safe handling techniques:

CLEAN

- Wash hands with warm soapy water for 20 seconds before and after handling raw meat, poultry or seafood.
- Wash utensils, cutting boards, dishes and counter tops with hot soapy water after preparing each food item and before you go on to prepare the next item.
- Food contact surfaces may be sanitized with a freshly

made solution of 1 tablespoon of unscented, liquid chlorine bleach in 1 gallon of water.

SEPARATE

- Separate raw meat, poultry and seafood from other foods in your grocery shopping cart and in your refrigerator.
- If possible, use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry or seafood.

Cook

- Cook poultry to a safe minimum internal temperature of 165°F as measured with a food thermometer.

Chill

- Chill food promptly and properly. Refrigerate or freeze perishables, prepared foods and leftovers within two hours (or one hour if temperatures are above 90°F).

"Prevention of foodborne illnesses never stops," Buley said. "It's a collective effort from start to finish. Our patrons have a crucial role in safeguarding their health once they leave the commissary and take their groceries home."

For more food safety information, visit www.commissaries.com and choose "News & Info" then "Food Safety" from the dropdown menu. You can also choose "Links" then "Health/Food Safety" to see a list of websites on the latest health and safety reports and information from other agencies.

To find the latest food safety alerts and product recalls affecting military commissaries, visit www.commissaries.com and click on the "Food & Product Recalls" box on the front page.

Visit our website at www.fortjacksonleader.com.
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Sgt. 1st Class Kenny Smith, the Fort Lee, Virginia, Platoon Sergeant of the Year, navigates an obstacle at Confidence Course during the TRADOC Platoon Sergeant of the Year competition.

Photo by WALLACE McBRIDE



Photo by SUSANNE KAPPLER

Drill sergeants from six decades are present for the 50th anniversary of the U.S. Army Drill Sergeant School. The anniversary celebration concluded the week of the Drill Sergeant of the Year/Platoon Sergeant of the Year competition Friday.



Photo by DAVID SHANES, command photographer
Maj. Gen. Ross Ridge, left, TRADOC deputy commanding general for Initial Military Training, and IMT Command Sgt. Maj. Dennis Woods, congratulate Staff Sgt. Jonathan Miller on winning the TRADOC Drill Sergeant of the Year title.

DSOY

Continued from Page 8

In a special moment for all the competitors, they got to hear from the first Drill Sergeant of the Year, retired Command Sgt. Maj. Allen Carpenter. Carpenter was introduced at the awards ceremony by Command Sgt. Maj. Dennis Woods, command sergeant major for the U.S. Army Center for Initial Military Training at Fort Eustis, Virginia.

"This is a year of firsts," Woods said. "This is the first year that we've come up and started a national Drill Sergeant Association. This is the first year that, here at Fort Jackson, we're establishing a Drill Sergeant Hall of Fame. What we want to do with this is have a reminder of the past that made possible our present, and we want to honor the

past that makes possible our future."

Carpenter said he was thrilled and honored to share the stage with all the competitors. He spoke of the NCOs' drive to be better.

"When these competitors got up this morning, and they looked in the mirror, they saw honor and pride," he said. "But there was a shadow of discontent in the back of their minds. They knew they had put forth their best effort in the tasks, and the tasks were complicated and challenging. But that little bit of disappointment was there. Right now, they feel honor, but at the same time, in the back of their minds, they are wondering about that little bit of disappointment. Well, there is no room for disappointment in this group. Whether they come out first, or they come out last, it doesn't matter. They should be honored, because they are here."

Editor's note: Wallace McBride contributed to this report.



Photos by WALLACE McBRIDE

Above, Command Sgt. Maj. Lamont Christian, left, commandant of the U.S. Army Drill Sergeant School, and Sgt. Maj. Thomas Campbell, the IMT operations sergeant major, unveil the plaques of the inaugural class of the Drill Sergeant Hall of Fame Friday at the Drill Sergeant School. Left, Sgt. 1st Class Andrew Dunham, Fort Jackson's Platoon Sergeant of the Year, scales an obstacle during last week's competition.

CMYK

CMYK

27" WEB-100

Fort Jackson Girl Scouts earn Silver Awards

Fort Jackson Girl Scouts

Four Fort Jackson Girl Scout Cadettes earned their Silver Award last week. Abbigail Osterhout, Lily Montoya, Lucy Sonsalla, and Brianna Wangsness are all dependents of Fort Jackson and Shaw Air Force Base service members.

Earning the Silver Award takes a lot of dedication and a willingness to work hard, try new things and be flexible. The Silver Award is the highest award that can be earned by a Cadette Girl Scout. Cadettes must complete an age-level leadership journey before working on the Silver Award. Completing this journey helps girls stock their toolkit full of communication skills and added confidence. With the honed skills, Cadettes may work individually or in a small group to complete the Silver Award. The Fort Jackson Cadettes chose to work in a small group. A typical Silver Award involves at least 50 hours of service per girl. To earn the award, girls must discover a need in the community and develop a sustainable solution.

In May, the group brainstormed and came up with the idea to not only work toward their Silver Award, but to update their meeting space as well. For their “take action” project, they decided on improving and developing the common area around the scout hut as well as a beautification of the gardens in front of the scout hut, the police station on Parker Lane, and the Child, Youth and School Services child care facility on Parker Lane. The Girl Scouts came up with the project name “Peace by Piece.”

The project was based on the Girl Scout promise to “help people at all times” and the parts of the Girl Scout law that states, “Use resources wisely, be responsible for what I say and do, and to be courteous and kind.” Based on these principles, the girls came up with another part of the project that included painting puzzle pieces that represent the organizations who have buildings on Parker Lane, to include all levels of Girl Scouts, Boy Scouts, and CYSS. Each organization was given a puzzle piece to paint and then the piece was hung on the scout hut wall as a deco-



Courtesy photo

From left, Abbigail Osterhout, Lucy Sonsalla, Lily Montoya and Brianna Wangsness celebrate the Girl Scouts Silver Awards they earned during the summer.

rative element, but also to remind everyone who enters that when people work together and create a community people are also creating peace. The girls worked all summer on their project to complete their Silver Award, but

they also spent many hours repainting and updating their meeting area upstairs at The Sparkle House.

All in all, the girls each completed more than 70 hours of work this summer.

Calendar

Today through Saturday

Case lot sale

Commissary

For more information, visit www.commissaries.com and click on "locations."

Saturday, Sept. 27

National Prescription Drug

Take Back Day

10 a.m. to 2 p.m., Main Exchange

Saturday, Oct. 4

Fire Prevention Week carnival

10 a.m., Fire Station

Announcements

ACES SERVICES RESUME

Army Continuing Education Services has resumed full counseling services. Appointments to see an education counselor are no longer required, but may be made, if necessary. Counselors are available on a walk-in basis Monday through Friday from 7:30 a.m. to 4:30 p.m. Appointments are still required for testing services. To schedule an appointment, visit the Education Center or call 751-5341. Soldiers are also encouraged to take advantage of the College and Career Readiness Enhancement program, formerly known as Basic Skills Education Program.

SSA CLOSURE

The Supply Support Activity will be closed for inventory Monday and Tuesday. It will resume normal hours Wednesday.

SPORTS SHORTS

■ The men's active duty softball champion is DENTAC. The runner-up is MACH. The co-ed softball champion is MACH. The runner-up is the team "Hustlers."

■ Sand volleyball games take place at 6 p.m., Mondays and Tuesdays at the sand volleyball court behind Palmetto Falls Water Park.

■ Competition for flag football, softball

and cross country for active-duty brigade-level teams will start Sept. 30. Team meetings are scheduled for 2, 3 and 4 p.m., Sept. 29. Contact your brigade sports representative to participate.

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

BREAST CANCER AWARENESS RUN

Moncrief Army Community Hospital will host a breast cancer awareness 5K run/walk at 8 a.m., Oct. 4 at the Hilton Field Softball Complex. To preregister, call 751-5251. Race-day registration is available from 7 to 7:45 a.m.

TSC MOVE

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

DANIEL CIRCLE CHAPEL POSITIONS

Daniel Circle Chapel is looking for service contractors for the following positions: chapel musician (piano/organ); chapel musician (drummer); parish coordinator; and audio technician. Bids must be submitted by Sept. 26. Applications are available at Daniel Circle Chapel.

PWOC MEETINGS

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

SOLSE LOOKING FOR SOLDIERS

The Special Operations Logistical Support Element is looking for active-duty Soldiers (with the MOS 88M, 88N, 92A, 92F, 92Y or 92W) who are airborne qualified or willing to go to airborne training. Eligible Soldiers must qualify for a Per-

manent Change of Station move; be in the rank of E5 through E7; have no physical limitations; have a General Technical score of at least 100; and possess a secret clearance with the ability to get a top secret clearance. If interested, submit your Enlisted Record Brief to SOLSERecruiting@jdi.socom.mil.

AAFES NEWS

■ AAFES has started its free layaway program for holiday shoppers.

■ Students in grades six through 12 may enter in the AAFES Unilever Rewards of Caring scholarship contest. To enter, students must submit an essay of no more than 500 words explaining their involvement in the community and why community is important to them. Four winners will each be awarded a \$5,000 scholarship. Essays are due Oct. 2. For more information, visit www.shopmyexchange.com.

COMMISSARY NEWS

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

■ The Commissary will mark September with National Breakfast Month food samplings and Oktoberfest celebrations. For more information, visit www.commissaries.com.

SAT TESTING

The Education Center will administer SAT testing Oct. 30. Testing is available to eligible service members only. For more information and to register, call 751-5341.

THRIFT SHOP NEWS

■ Consignors are eligible for the Thrift Shop's new layaway and credit program.

■ Halloween items will be accepted Sept. 23 through Oct. 16. They will expire Oct. 23.

■ Thanksgiving items will be accepted Oct. 14 through Nov. 13. They will expire Nov. 20.

■ Christmas items will be accepted Nov. 18 through Dec. 11. They will expire Dec. 18.

■ September through November are college months at the Thrift Shop. Customers wearing a college shirt or hat will receive a discount.

■ The Golden Carriage Program provides free ball gowns for spouses of active-duty service members E5 and below.

Information is subject to change.

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

Send your announcements to fjleader@gmail.com.

Announcements are due one week before the publication date.

For more information, call 751-7045.

Housing happenings

OFFICE CLOSURES

Housing offices will be closed from 10 a.m. to 2 p.m., Tuesday for professional development. For emergency maintenance, call 738-8275. The housing office will close at 2 p.m., Sept. 25 to allow employees to attend the garrison employee town hall meeting. Normal hours will resume Sept. 26.

LIFEWORKS EVENTS

■ Friday, 5 to 7 p.m., bunco night

■ Sept. 25, noon, neighborhood huddle for Howie Village and Mabry Manor, McLeod Court playground

■ Sept. 26, 5 to 7 p.m., bingo night

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

RENT CONCESSIONS

Rent concessions include reduced rent for non-renovated homes in PT5 if you move in during September; and prorated rent for September for homes in PT5 and PT7. For more information, call 738-8275.

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

USAPHC: Know the signs of suicide

By **CAPT. DONELL L. BARNETT**
U.S. Army Public Health Command

You are helping to reduce suicides in the Army.

Soldiers at every rank continue to make efforts to help their buddies who might be struggling with thoughts of hurting themselves. We must continue to support our fellow Soldiers because one suicide is too many.

All branches of the military have ramped up suicide prevention efforts. One example of this is the Army Applied Suicide Intervention Skills Training, or ASIST, which focuses on recognizing opportunities for leaders and buddies to intervene.

The ASIST program encourages leaders to monitor common risk factors for suicide such as:

- Failed or strained intimate relationships;
- Previous suicidal behaviors, thoughts or attempts;
- Behavioral health problems.

Additionally, leaders, family members, buddies and friends can intervene when there are warning signs such as:

- Changes in behavior like eating and sleeping habits, or work performance;
- Suicide-related talk, hints or expressing a wish to die;
- Isolation or withdrawal from social situations.

The Army also has collaborated with various institutions to help understand Soldiers who experience suicidal behavior. The Army Study to Assess Risk and Resilience in Servicemembers, or STARRS, project has studied suicidal behavior in the Army, and the preliminary findings are noteworthy:

- Fourteen percent of Soldiers have considered suicide at some point in their lives.
- There is a strong relationship between receiving a rank demotion and suicide risk, especially for Soldiers who have been recently demoted.
- Life role problems (e.g., problems with home life, work performance, social life or close relationships) are also associated with increased suicide risk and other behavioral health problems.

Other studies also highlight increased suicide risk for

Have the Courage to Help a Buddy

One Suicide is one too many.

For assistance:

- ▶ Talk to your Battle Buddy and chain of command
- ▶ Call the Military Crisis Line at 1-800-273-TALK (8255) and press "1" for Military Crisis Line

USAPHC U.S. Army Public Health Command phc.emedd.army.mil

Soldiers with early life traumatic events, financial problems and non-deployment related factors such as adjusting to a new unit and family-related stress.

Many factors can lead to suicidal behaviors. Still, you do not have to be a behavioral health provider to know when something is wrong or something has changed. You are in the best fighting position to watch your buddy's "6."

- Have the courage to ask. It's better to upset someone than to lose a life.
- Familiarize yourself with the suicide warning signs and what they might look like in different military occu-

pational specialties and duty locations.

- Recognize that everyone feels defeated at times and when combined with life stressors, it can be difficult for your buddy to get out of a slump by himself or herself.
- Know where help is. If your buddy is concerned about going to a behavioral health provider, advise him or her to talk with a chaplain, medical provider or an anonymous crisis hotline.
- Be willing to escort and support your buddy throughout the process; you might be the lifeline that he or she needs.

Moncrief Army Community Hospital

Home

Moncrief Army Community Hospital Military Base

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Moncrief Army Community Hospital July 16

Like us on Facebook to get the latest news regarding Moncrief, health tips, TRICARE updates and information from the Army Medical Command. Visit www.facebook.com/MoncriefACH.

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Prescription home delivery available

TRICARE beneficiaries can switch to home delivery for any medication taken regularly. There are several ways to switch:

- Call Express Scripts at (877) 363-1303.
- Ask your provider to fax your prescription to Express Scripts at (800) 895-1900.
- Ask your provider to e-Prescribe to "Express Script Mail Pharmacy."
- Mail your prescription along with a completed mail order form to Express Scripts Inc., P.O. Box 52150, Phoenix, Az. 85072-9954.

The first shipment will usually arrive within two weeks. Switching to home delivery can also save money — \$38 for every brand-name drug compared to using a network pharmacy. In addition, there is no copay for a 90-day supply of generic drugs. Express Scripts stocks all drugs on the TRICARE formulary.

W O R S H I P SCHEDULE

PROTESTANT

■ Sunday

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

Protestant Bible Study

■ Monday

7 p.m. Women's Bible study (PWOC), Main Post Chapel

■ Tuesday

9 to 11:30 a.m. Women's Bible study (PWOC), Main Post Chapel

■ Wednesday

6 p.m. Gospel prayer service, Daniel Circle Chapel

7 p.m. Gospel Bible study, Daniel Circle Chapel

■ Thursday

11:45 a.m. to 12:30 p.m. Fresh encounter Bible study, Chaplain Family Life Center

Protestant Youth of the Chapel

■ Saturday

11 a.m. Daniel Circle Chapel youth group, Dorn VA Hospital (first Saturday of each month)

■ Sunday

5 to 6:30 p.m. Club Beyond youth group, Chaplain Family Life Center

CATHOLIC

■ Monday through Thursday

11:30 a.m. Mass, Main Post Chapel

■ Sunday

7:30 a.m. Confessions, Solomon Center

8 a.m. IET Mass, Solomon Center

9:30 a.m. CCD (September through May), Education Center

9:30 a.m. Religious ed class for adults (September through May), Main Post Chapel

9:30 a.m. Religious ed class for children (September through May), Main Post Chapel

10:30 a.m. Reconciliation (after Mass or by appointment), Main Post Chapel

11 a.m. Mass (Main Post Chapel)

12:30 p.m. Catholic youth ministry, Main Post Chapel

■ Wednesday

7 p.m. Rosary, Main Post Chapel

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

ANGLICAN/LITURGICAL/EPISCOPAL

■ Sunday

8 a.m. Anderson Street Chapel

ISLAMIC

■ Sunday

8 to 10 a.m. Islamic studies, Main Post Chapel

■ Friday

12:45 to 1:30 p.m. Jumah services, Main Post Chapel

JEWISH

■ Sunday

9:30 to 10:30 a.m. Worship service, Memorial Chapel

10:30 to 11:30 a.m. Jewish book study, Post Conference Room

CHURCH OF CHRIST

■ Sunday

11:30 a.m. Anderson Street Chapel

LATTER DAY SAINTS

■ Sunday

9:30 to 11 a.m. Anderson Street Chapel

■ Wednesday

3 to 5 p.m. LDS family social, Anderson Street Chapel

■ Wednesday

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

ADDRESSES, PHONE NUMBERS

Anderson Street Chapel

2335 Anderson St., 751-7032

Bayonet Chapel

9476 Kemper St., 751-6322/4542

Daniel Circle Chapel

3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478

Education Center

4581 Scales Ave.

Chaplain Family Life Center

5460 Marion Ave (to the side of the POV lot), 751-4961

Magruder Chapel

4360 Magruder Ave., 751-3883

Main Post Chapel

4580 Scales Ave., corner of Strom Thurmond Boulevard, 751-6469/6681

McCrady Chapel (SCARNG)

3820 McCrady Road (located at McCrady Training Center)

Memorial Chapel

4470 Jackson Blvd., 751-7324

Warrior Chapel (120th AG Bn.)

1895 Washington St., 751-5086/7427

Installation Chaplain's Office

4475 Gregg St., 751-3121/6318